



Cognitive-Behavioral Therapy for Chronic Pain (CBT-CP)

21-22 February 2023

A Live, Interactive Webinar

Description:

This intensive two-day workshop provides training in the assessment, management and cognitive-behavioral treatment of chronic pain. The workshop lays the foundation for working with military connected individuals suffering from chronic pain by reviewing the rates and mechanisms of chronic pain in civilian and military populations, including the role of military culture. Furthermore, theories of chronic pain will be introduced with a focus on biological, psychological and social factors impacting chronic pain. Participants will develop case conceptualization skills grounded by the clinical interview and empirically based assessment tools. Participants will learn and have the opportunity to practice key intervention strategies. In addition to learning CBT skills/techniques for working with chronic pain patients, participants will explore the role of motivational interviewing practices in CBT for chronic pain. The workshop also discusses common challenges to psychological service for pain management and ways to overcome those barriers. The module is designed for behavioral health providers working with Service members, Veterans and their families who are seeking in-depth training in empirically supported treatment options they can immediately incorporate into their clinical practice. Participants are expected to actively engage in class activities and attend both days. This program content focuses on application of psychological assessment and intervention methods for treating patients with chronic pain that have consistent and credible empirical support in the scientific literature (Husak et al., 2020; Salduker et al., 2019; Smith et al., 2020; Velly et al., 2017; Williams et al., 2020).

Total CE Credits: 14.0

Total Contact Hours: 14.0

Learning Objectives:

Following the training, attendees will be able to:

1. Formulate treatment considerations specific to a military population when utilizing CBT-CP.
2. Evaluate the contribution of opioid medication to a patient's experience of chronic pain.
3. Apply the biopsychosocial model to the process of clinical case conceptualization.
4. Demonstrate a psychological chronic pain-focused clinical interview including biological, physical, and social domains.
5. Use subjective assessment measures to evaluate the patient's experience of pain.
6. Develop treatment goals for pain management using the SMART model.



7. Apply targeted relaxation practice as pain coping strategy.
8. Develop behavioral interventions to target under- and/or over-activity patterns that exacerbate chronic pain.
9. Modify pleasurable activities given realistic pain limitations to increase behavioral activation.
10. Apply cognitive strategies to modify unhelpful pain-related cognitions.
11. Design a plan to address common challenges in implementing CBT-CP with patients.

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families. Specifically, this workshop is for Active Duty, GS-DoD, and contractor-DoD behavioral health providers who provide conventional psychotherapy to Service members at a military facility (working directly for the military and having a .mil email address, or one pending). Nurses and nurse practitioners are also welcome as long as they meet these requirements.

Instructional Content Level: Intermediate

Agenda:

Day One

Check In	9:45 AM	10:00 AM
Introduction & Course Overview	10:00 AM	10:15 AM
Pain: Definitions, Epidemiology, & Related Military Factors	10:15 AM	11:30 AM
Comorbid Psychological Conditions	11:30 AM	12:15 PM
Break	12:15 PM	12:30 PM
Theories & Models of Pain	12:30 PM	1:00 PM
Pain Diagnoses	1:00 PM	1:15 PM
Evidence Base for CBT-CP & Treatment Structure	1:15 PM	1:45 PM
Lunch Break	1:45 PM	2:45 PM
Initial Phase of Treatment: Assessment, Case Conceptualization, Goal-Setting, Psychoeducation, Self-Monitoring	2:45 PM	6:30 PM Includes 15-min break

Day Two

Check In/Recap of Day One	10:00 AM	10:15 AM
Middle Phase of Treatment: Relaxation, Activity Pacing, Behavioral Activation	10:15 AM	1:00 PM Includes 15-min break
Middle Phase of Treatment: Cognitive Strategies	1:00 PM	2:30 PM
Lunch Break	2:30 PM	3:30 PM
Middle Phase of Treatment: Sleep	3:30 PM	3:45 PM
Later Phase of Treatment	3:45 PM	4:15 PM
Special Considerations & Role of Motivational Interviewing	4:15 PM	5:15 PM Includes 15-min break
Case Conceptualization Exercise	5:15 PM	6:30 PM



Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive social work CE credits. For psychology CE credits, completion of the evaluation is strongly encouraged, but if you are seeking New York State Education Department psychology credit hours then you are required to complete an evaluation. If you do not wish to complete the evaluation but desire to receive non- New York State Education Department psychology CEs, please contact the POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be emailed within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

Association of Social Work Boards Approved Continuing Education Provider Approval:

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 14.0 Live, Interactive Webinar continuing education credits.

New York State Education Department's State Board for Psychology Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

Inquiries regarding CE credits may be directed via email to Katie Medina at katie.medina.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: 21-22 February 2023

Time: 10:00 am – 6:30 pm Eastern

Registration Information: <https://deploymentpsych.org/training>

Registration Deadline: One week prior to the training start date or when registration capacity is met.

Cancellations/Questions: Please contact Katie Medina at katie.medina.ctr@usuhs.edu if you have any questions or need to cancel your registration.



Registration Cost/Refunds: Free

Required Materials: None

Location Information: Online via Zoom

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System Requirements:

Zoom:

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

Special Accommodations: If you require special accommodations due to a disability, please contact Katie Medina at katie.medina.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Milochik, via email at Amanda.milochik.ctr@usuhs.edu.

Instructor Biographies:

Diana C. Dolan, PhD, CBSM, DBSM is a clinical psychologist serving as an Assistant Director of Training & Education with the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. Dolan has served at CDP in several capacities since 2012, including in one role as the associate training director of an APA-accredited clinical psychology internship. She currently oversees programs that provide evidence-based training for military-connected patients on a variety of topics. She also develops and presents trainings, and provides consultation services.

Dr. Dolan graduated from the University of North Texas with a bachelor's degree in psychology and earned her doctorate in clinical health psychology and behavioral medicine from the University of North Texas. She completed a clinical psychology internship at Wilford Hall Ambulatory Surgical Center in San Antonio, Texas. Dr. Dolan served as an active duty psychologist and is a veteran of the U.S. Air Force.

Dr. Dolan's professional interests include behavioral treatment of health conditions, in particular sleep disorders and within brief-natured primary care settings, clinical psychology training and program evaluation, and military psychology. She is certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine. She is also a diplomate in Behavioral Sleep Medicine from the Board of Behavioral Sleep Medicine.

Sharon Birman, Psy.D. is a Military Behavioral Health Psychologist working with the Military Training



Programs at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, she develops and presents trainings on a variety of EBPs and deployment-related topics, as well as providing consultation services. She has traveled widely across the United States and OCONUS providing continuing education to civilian and military behavioral health providers teaching a variety of courses including Cognitive Therapy for Suicide Prevention, Cognitive Behavioral Therapy for Depression, Cognitive Behavioral Therapy for Chronic Pain, Assessment of PTSD, Traumatic Brain Injury, Military Sexual Assault and Military Family Resilience.

She joined the CDP in 2014 after completing her postdoctoral fellowship at Harbor- UCLA Medical Center, where she was actively involved in CBT and DBT intervention, supervision and education. She completed her predoctoral internship at Didi Hirsch Mental Health Center, focusing her training suicide prevention and evidence-based interventions for the treatment of individuals with severe, chronic mental illness.

Dr. Birman received her bachelor's degree in psychology from the University of Southern California and her master's and doctorate degrees in clinical psychology from Pepperdine University.

**There is no commercial support or conflict of interest to report for these presenters.