



# **COGNITIVE BEHAVIORAL THERAPY FOR SUICIDE PREVENTION (CBT-SP)**

10-11 September 2025

A Live, Interactive Webinar

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## **Description:**

This intensive two-day workshop provides training in the assessment and treatment of suicidal ideation and behavior. Participants will receive in-depth training in cognitive behavioral therapy for suicide prevention (CBT-SP) and will have the opportunity to practice assessment and intervention strategies. The workshop first lays the foundation for working with suicidal patients by reviewing suicide rates in the military/Veteran community, discussing terminology, and providing an overview of critical theories underlying suicidal ideation & behavior. The training then moves into exploring the three phases of CBT-SP. The section on the early phase of treatment highlights the evaluation of suicide risk, including identifying risk and protective factors for suicide. The section on the intermediate phase of treatment focuses on a variety of behavioral, affective, and cognitive coping strategies that can be utilized with suicidal patients. The section on the later phase of treatment emphasizes a set of relapse prevention exercises. Video demonstrations, participant role plays, and small discussion groups will be used during the workshop to enhance learning.

This workshop is designed for behavioral health providers working with Service members and Veterans who are seeking in-depth training in empirically supported treatment options they can immediately incorporate into their clinical practice. The information and contents of this training have consistent and credible empirical support as documented in the scientific literature (Anestis et al., 2022; Baker et al., 2024; Chu et al., 2023; Gutierrez et al., 2021; Sokol et al., 2021). Participants must attend both days of the workshop, as the course material is cumulative.

Total CE Credits: 14.0

Total Contact Hours: 14.0

## **Learning Objectives:**

1. Explain the development of suicide risk using at least one psychological theory of suicide.
2. Integrate culturally specific risk & protective factors into an overall risk assessment for suicide.
3. Differentiate between acute & chronic risk when engaging in clinical decision making with suicidal patients.
4. Develop a safety plan in collaboration with a patient.
5. Explain the rationale for engaging in discussions about safe storage of lethal means.
6. Use means safety counseling in patient interactions to improve clinical outcomes.
7. Create a timeline of a patient's suicidal crisis for use in treatment.
8. Integrate information from the narrative description and timeline into a cognitive case



conceptualization.

9. Explain ways that behavioral activation is an effective strategy for reducing suicidal thoughts and behaviors.
10. Use affective coping strategies to help patients improve emotion regulation and cope with suicidal crises.
11. Evaluate and modify automatic thoughts associated with the intent to die by suicide.
12. Integrate the guided imagery exercises into the relapse prevention protocol for CBT-SP.

**Target Audience:** For behavioral health providers who treat military personnel, veterans, and their families.

**Instructional Content Level:** Intermediate

**Agenda:**

Day One	Start Time	End Time
Course Introduction Setting the Stage Theories of Suicide Three Step Theory of Suicide Review of Fundamental Cognitive Theory Cognitive Model Introduction to CBT-SP Cultural Responsiveness and CBT-SP Early Phase of Treatment Beginning Treatment Evaluating Suicide Risk Fluid Vulnerability Theory	10:00 AM	1:40 PM
<b>Lunch</b>	1:40 PM	2:40 PM
Early Phase of Treatment (continued) Evaluating Suicide Risk (continued) Risk and Protective Factors Conducting a Suicide Risk Assessment Risk Stratification Safety Planning Lethal Means Safety Counseling Adjourn	2:40 PM	6:30 PM

Day Two	Start Time	End Time
Review of Day 1 Early Phase of Treatment (continued) Lethal Means Safety Narrative Description of the Suicidal Crisis Constructing a Timeline of the Suicidal Crisis Case Conceptualization	10:00	1:50 PM



Treatment Planning Intermediate Phase of Treatment Behavioral Strategies		
<b>Lunch</b>	1:50 PM	2:50 PM
Intermediate Phase of Treatment (continued) Affective Coping Strategies Cognitive Strategies Later Phase of Treatment Wrap Up and Next Steps Adjourn	2:50 PM	6:30 PM

\* There will be 15 minutes of break time both in the morning and in the afternoon.

**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 ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be available for download via the registration system 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).

**New York State Education Department’s State Board for Social Work Provider Approval:**

The Center for Deployment Psychology is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Brandon Carpenter at [brandon.carpenter.ctr@usuhs.edu](mailto:brandon.carpenter.ctr@usuhs.edu).

**Participate:**

**Online Platform:** Zoom

**Date:** 10-11 September 2025

**Time:** 10:00 a.m. – 6:30 p.m. Eastern Time

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

**Registration Deadline:** Registration will close one week prior to the start date or when training capacity is met.

**Cancellations/Questions:** Please contact [brandon.carpenter.ctr@usuhs.edu](mailto:brandon.carpenter.ctr@usuhs.edu) if you have any questions or need to cancel your registration.

**Registration Cost/Refunds:** This training is 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 Brandon Carpenter at [brandon.carpenter.ctr@usuhs.edu](mailto:brandon.carpenter.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, Amanda Stanley-Hulsey, via email at [amanda.stanley-hulsey.ctr@usuhs.edu](mailto:amanda.stanley-hulsey.ctr@usuhs.edu).

### **Instructor Biographies:**

**Katrice Byrd, D.S.W.,** currently serves as a Military Behavioral Health Social Worker with the Center for Deployment Psychology (CDP). She is co-chair of the North Carolina National Association of Social Worker's Legislative Committee and is passionate about serving the village through research, policy, and programmatic changes.

Katrice has served as a mental health therapist with extensive training in trauma-focused interventions, working with various populations including Veterans, Active Duty, Family Members, children, adolescents, and government employees throughout her career.

Dr. Byrd is a retired Veteran of the U.S. Army in addition to serving in the U.S. Marine Corps. She currently resides in Charlotte, NC.

**Lisa French, Psy.D.,** is the Chief of Operations at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. French is a suicide prevention subject matter expert and trainer who joined the CDP in 2011 as a deployment behavioral health psychologist at Wilford Hall Ambulatory Surgical Center following active duty service in the United States Air Force (USAF). During her time at CDP, she has served in multiple roles.

Dr. French received her bachelor's degree in psychology from Oregon State University and her master's and doctorate degrees in clinical psychology from Pacific University in Forest Grove, Oregon. She is a 2003 graduate of the Wright-Patterson USAF Medical Center Psychology Residency Program. Dr. French served as an active duty USAF psychologist from 2002-2011 and deployed to Afghanistan in support of Operation Enduring Freedom in 2006.

As a military spouse, Dr. French continues to experience military life daily and has first-hand understanding of the demands of military service on the family. Her professional interests include dissemination and implementation of evidence-based treatment approaches, the impact of military life on the family, and suicide prevention and treatment.

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