



# **Cognitive Behavioral Therapy for Suicide Prevention**

20-21 September 2023

A Live, Interactive Webinar

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## **Description:**

This intensive two-day module 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 and will have the opportunity to practice assessment and intervention strategies. Video demonstrations and participant role-plays will be used in class to practice key assessment and treatment techniques. The module lays the foundation for working with suicidal patients by providing a detailed review of the epidemiology of suicide both in the civilian population and within the military/Veteran community. Participants will be introduced to the Self-Directed Violence Classification System (SDVCS), a nomenclature supported by the DoD/VA for self-directed violence and suicidal behavior. In addition, a review of several theories of suicide will be covered, as well as risk and protective factors for suicidal behavior. The module 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 training will provide hands-on practice activities and is geared toward an actively involved audience through discussion and in workshop activities. Participants must attend both days, as the course material is cumulative.

(Bryan et al., 2020; Bush et al., 2014; Petrosky et al., 2018; Rojas et al., 2020; Wenzel, A. 2017)

Total CE Credits: 14.0

Total Contact Hours: 14.0

## **Learning Objectives:**

Following the training, attendees will be able to:

1. Differentiate between rates of suicide in civilian and military populations and identify the clinical implications of these differences.
2. Categorize suicidal and non-suicidal thoughts and behaviors in relation to clinical assessment.
3. Apply at least one psychological theory of suicide to the process of clinical assessment and treatment planning.
4. Integrate suicide risk and protective factors unique to military populations into overall risk assessment for suicide.
5. Develop a safety plan in collaboration with a patient.
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. Evaluate key negative thoughts associated with the intent to die by suicide as related to clinical practice.
9. Apply CBT formulation of suicide using the expanded case conceptualization model of the suicidal crisis.
10. Use cognitive, behavioral, and affective coping strategies associated with CBT-SP to help patients cope with suicide urges.
11. Modify standard behavioral activation practices to be applied within the CBT-SP protocol.
12. Use the guided imagery exercise as part of the relapse prevention protocol for CBT-SP.

**Target Audience:** For behavioral health providers who treat military personnel, veterans, and their families. This training is reserved for those with a .mil email address.

**Instructional Content Level:** Intermediate

**Agenda:**

**Day One**

Course Introduction	8:00 AM	8:15 AM
Epidemiology of Suicide	8:15 AM	8:30 AM
Nomenclature	8:30 AM	9:10 AM
Risk and Protective Factors	9:10 AM	9:40 AM
Theoretical Underpinnings: Interpersonal Psychological Theory of Suicide Risk – Dr. Thomas Joiner	9:40 AM	9:55 AM
Theoretical Underpinnings: Three-Step Theory of Suicide – Drs. David Klonsky and Alexis May	9:55 AM	10:10 AM
Break	10:10 AM	10:25 AM
Cognitive Therapy for Suicide Prevention – Empirical support for CBT	10:25 AM	10:45 AM
Intro to Cognitive Therapy for Suicide Prevention Theory of CBT Structure of treatment Session structure	10:45 AM	11:30 AM
CBT for Suicide Prevention, Early Phase of Treatment – Overview	11:30 AM	12:00 PM
Lunch	12:00 PM	1:00 PM
Fluid Vulnerability Theory	1:00 PM	1:25 PM
CBT for Suicide Prevention, Early Phase of Treatment – Conducting a suicide risk assessment Suicide risk continuum Suicide risk assessment role play	1:25 PM	2:55 PM
Break	2:55 PM	3:10 PM
Narrative Description	3:10 PM	3:40 PM
Constructing a Timeline	3:40 PM	4:15 PM
Questions and Wrap-up	4:15 PM	4:30 PM
Adjourn	4:30 PM	



## Day Two

Check-In and Review of Day 1	8:00 AM	8:10 AM
Crisis Intervention Safety planning Crisis response plan Hope Box	8:10 AM	9:10 AM
Means Safety Counseling	9:10 AM	10:10 AM
Break	10:10 AM	10:25 AM
Means Safety Counseling Role Play	10:25 AM	11:00 AM
Treatment Planning and Cognitive Case Conceptualization	11:00 AM	11:45 AM
Lunch	11:45 AM	12:45 PM
Intermediate Phase of Treatment Behavioral strategies Coping strategies Cognitive strategies	12:45 PM	2:25 PM
Break	2:25 PM	2:40 PM
Later Phase of Treatment – Review and consolidation of skills Relapse prevention	2:40 PM	4:20 PM
Questions	4:20 PM	4:30 PM
Adjourn	4:30 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](mailto:katie.medina.ctr@usuhs.edu).

**Participate:**

**Online Platform:** Zoom

**Date:** 20-21 September 2023

**Time:** 0800-1630 Eastern

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

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

**Cancellations/Questions:** Please contact Katie Medina at [katie.medina.ctr@usuhs.edu](mailto: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](mailto: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](mailto:Amanda.milochik.ctr@usuhs.edu).

### **Instructor Biographies:**

**Erin Frick, Psy.D.** is a clinical psychologist serving as Assistant Director, DoD Child Collaboration Study, for the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, she leads a team studying best practices for the use of telehealth tools and tele-education with health care providers and other professionals working with military children and families with developmental, emotional, and behavioral needs. Dr. Frick also leads Evidence-Based Psychotherapy (EBP) trainings and is integrally involved in diversity, equity, and inclusion efforts within CDP. Dr. Frick earned her bachelor's degree in psychology from Manchester University (formerly Manchester College) in Indiana. She graduated with her master's degree in mental health counseling from Purdue University in West Lafayette, IN and her doctorate in Clinical Psychology from Wright State University in Dayton, OH.

Prior to joining CDP, she worked as a contract psychologist treating active-duty military members at Travis Air Force Base, CA utilizing multiple EBPs. Before this, she worked primarily in university counseling and community mental health centers. Over the course of her career, Dr. Frick's clinical work has focused on suicide prevention, the dissemination and implementation of EBPs, developing group therapy services in mental health clinics, training and supervising staff, mindfulness-based treatments, and the assessment and treatment of trauma-related mental health conditions.

**Khristine Heflin, MSW, LCSW-C, LCSW, LICSW** is a licensed Clinical Social Worker and has been practicing since 2006. Currently, she serves as a Military Child Social Worker with the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences located in Bethesda, MD. In this role, Ms. Heflin works on the Department of Defense Child Collaboration Study and is responsible for identifying best practices for expanding telehealth services to military children and delivering evidenced based training to behavioral health clinicians and community providers caring for military children and families.

Prior to joining CDP, Ms. Heflin has experience working with children, adolescents, and adults providing individual and group therapy, care management and outreach services. Clinical work settings include psychiatric emergency departments, inpatient hospitals, outpatient mental health clinics, forensic and school settings. Her educational background includes a Master's degree in Social Work with a clinical concentration in mental health, families and children from the University of Maryland, Baltimore. Ms. Heflin also obtained a Bachelor's degree in Psychology from the University of Maryland, College Park. She is tri-licensed as an Independent Clinical Social Worker in Maryland, Virginia and Washington, DC.

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