



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

**24-25 July 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<br>Setting the Stage<br>Theories of Suicide <ul style="list-style-type: none"> <li>Three Step Theory of Suicide</li> <li>Review of Fundamental Cognitive Theory</li> <li>Cognitive Model</li> </ul> Introduction to CBT-SP<br>Cultural Responsiveness and CBT-SP<br>Early Phase of Treatment <ul style="list-style-type: none"> <li>Beginning Treatment</li> <li>Evaluating Suicide Risk</li> <li>Fluid Vulnerability Theory</li> </ul> | 9:00 AM    | 12:40 PM |
| <b>Lunch</b>  | 12:40 PM   | 1:40 PM  |
| Early Phase of Treatment (continued) <ul style="list-style-type: none"> <li>Evaluating Suicide Risk (continued)               <ul style="list-style-type: none"> <li>Risk and Protective Factors</li> <li>Conducting a Suicide Risk Assessment</li> <li>Risk Stratification</li> </ul> </li> <li>Safety Planning</li> <li>Lethal Means Safety Counseling</li> </ul> Adjourn   | 1:40 PM    | 5:30 PM  |
| <b>Day Two</b>  |            |          |
| Review of Day 1<br>Early Phase of Treatment (continued) <ul style="list-style-type: none"> <li>Lethal Means Safety</li> <li>Narrative Description of the Suicidal Crisis</li> <li>Constructing a Timeline of the Suicidal Crisis</li> </ul> Case Conceptualization  | 9:00       | 12:50 PM |



|   |          |         |
|---|----------|---------|
| Treatment Planning<br>Intermediate Phase of Treatment<br>Behavioral Strategies  |          |         |
| <b>Lunch</b>  | 12:50 PM | 1:50 PM |
| Intermediate Phase of Treatment (continued)<br>Affective Coping Strategies<br>Cognitive Strategies<br>Later Phase of Treatment<br>Wrap Up and Next Steps<br>Adjourn | 1:50 PM  | 5:30 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:** 24-25 July 2025

**Time:** 9:00 a.m. – 5:30 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:**

**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.

**Kristyn Heins, Ph.D.**, is a Licensed Professional Counselor serving as a Military Behavioral Health Counselor for the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, she supports the CDP's efforts of training clinicians in evidenced-based practice focused on suicide prevention. Dr. Heins completed her doctoral degree at Texas A&M University-Corpus Christi where her dissertation focused on treatment of moral injury. She received a Master's degree from Western Michigan University, and a Bachelor's degree from Central Michigan University.

Prior to joining the CDP, Dr. Heins worked at the Department of Veteran Affairs in various roles including primary care mental health, and suicide prevention telehealth. Dr. Heins is trained in Cognitive Behavioral Therapy- Suicide Prevention, and Problem Solving Therapy- Suicide Prevention. She also has worked in a Federally Qualified Health Center and in a non-profit setting. Dr. Heins has extensive experience working with presenting problems including insomnia, chronic pain, anxiety, depression, PTSD, schizoaffective disorder, and bipolar disorder. Along with suicide prevention, Dr. Heins has a professional interest in integrated mental health services, employee wellness, and education of future clinicians.

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