



Cognitive Behavioral Therapy for Suicide Prevention

June 29-30, 2022

A Live, Interactive Webinar

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.

Total Credits: 14

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.

Instructional Content Level: Intermediate

Agenda:

Day One

1100 – 1130 Epidemiology of Suicide

1130 – 1210 Nomenclature

1210 – 1240 Risk and Protective Factors

1240 – 1255 Theoretical Underpinnings: Interpersonal Psychological Theory of Suicide Risk – Dr. Thomas Joiner

1255 – 1310 Theoretical Underpinnings: Three-Step Theory of Suicide –

Drs. David Klonsky and Alexis May

1310 – 1325 Break

1325 – 1345 Cognitive Therapy for Suicide Prevention –

Empirical support for CBT

1345 – 1430 Intro to Cognitive Therapy for Suicide Prevention

Theory of CBT

Structure of treatment

Session structure



1430 – 1500 CBT for Suicide Prevention, Early Phase of Treatment Overview

1500 – 1600 Lunch

1600 – 1625 Fluid Vulnerability Theory

1625 – 1755 CBT for Suicide Prevention, Early Phase of Treatment –

Conducting a suicide risk assessment

Suicide risk continuum

Suicide risk assessment role play

1755 – 1810 Break

1810 – 1840 Narrative Description

1840 – 1915 Constructing a Timeline

1915 – 1930 Questions and Wrap-up

1930 Adjourn

Day Two

1100 – 1110 Check-In and Review of Day 1

1110 – 1210 Crisis Intervention

Safety planning

Crisis response plan

Hope Box

1210 – 1310 Means Safety Counseling

1310 – 1325 Break

1325 – 1400 Means Safety Counseling Role Play

1400 – 1445 Treatment Planning and Cognitive Case Conceptualization

1445 – 1545 Lunch

1545 – 1725 Intermediate Phase of Treatment



Behavioral strategies Coping strategies

Cognitive strategies

1725 – 1740 Break

1740 – 1920 Later Phase of Treatment –

Review and consolidation of skills Relapse prevention

Review of goals and treatment planning

1920 – 1930 Questions

1930 Adjourn

*Please note that agenda times are approximate and subject to change, depending on the needs of the workshop.

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. If you do not wish to complete the evaluation but desire to receive 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 available for download from CE21 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: 5/19/2022 - 5/19/2025. Social workers completing this course receive 14 Live, Interactive Webinar continuing education credits.

Inquiries regarding CE credits may be directed via email to Aric Bowie at aric.bowie.ctr@usuhs.edu.



Participate:

Online Platform: Second Life

Date: June 29-30, 2022

Time: 11:00am – 7:30 pm Eastern

Registration Information: Registration is done through event management system Eventbrite, and the link will be provided to prospective attendees via the CDP website

(<https://www.eventbrite.com/e/cbt-for-suicide-preventioncbt-sp-via-second-life-29-30-june-2022-registration-301614696677>).

Registration Deadline: Registration for this training closes one week prior to the training date.

Cancellations/Questions: Please contact aric.bowie.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Registration Cost/Refunds: \$45

Location Information: Training will be held via Second Life. For more information on our workshops held in Second Life, please visit our website at the following page:

<https://deploymentpsych.org/virtual-provider-training-in-second-life>

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:

- **Second Life:**
- High-speed Internet connection, Cable or DSL
- Operating System: Windows 8, 10 or higher, Mac OS X 10.9 or higher
- Hardware: 2 Ghz processor or higher, 1GB RAM or higher
- Graphics Card: Windows - NVIDIA GeForce 6600 or better OR ATI Radeon 9500 or better OR Intel 945 chipset, Mac - ATI Radeon 9200 and above OR NVIDIA GeForce 2, GeForce 4

Special Accommodations: If you require special accommodations due to a disability, please contact Aric Bowie at aric.bowie.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:

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 and Management of Opioids in Military Connected Populations, 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.

Marjorie Weinstock, Ph.D. is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She joined the CDP in 2009 as a Deployment Behavioral Health Psychologist at the Naval Medical Center San Diego. Prior to joining the CDP, Dr. Weinstock spent three years working for the Navy's Fleet & Family Support Program, where she provided counseling services to military members and their families.

Dr. Weinstock is a graduate of Emory University and received her doctorate in Counseling Psychology from the University at Buffalo. She completed her internship at the Brockton, Massachusetts VA Medical Center and a two-year postdoctoral fellowship in clinical research and addictive disorders at the Brown University Training Consortium.

As the spouse of a recently retired Service member, Dr. Weinstock has a first-hand understanding of the demands of military service on the family. In her current role she is engaged in the development and presentation of trainings for behavioral health clinicians to improve their competency in working with both Service members and their families. Her professional interests include deployment-related mental health issues, cognitive behavioral therapy, suicide prevention, and the impact of military life on the family.

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