



# **Cognitive Behavioral Therapy for Suicide Prevention**

**5-6 December 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.

**Instructional Content Level:** Intermediate

**Agenda:**

**Day One**

|   |          |          |
|---|----------|----------|
| Course Introduction   | 10:00 AM | 10:15 AM |
| Epidemiology of Suicide   | 10:15 AM | 10:30 AM |
| Nomenclature  | 10:30 AM | 11:10 AM |
| Risk and Protective Factors   | 11:10 AM | 11:40 AM |
| Theoretical Underpinnings: Interpersonal Psychological Theory of Suicide Risk –<br>Dr. Thomas Joiner  | 11:40 AM | 11:55 AM |
| Theoretical Underpinnings: Three-Step Theory of Suicide –<br>Drs. David Klonsky and Alexis May  | 11:55 AM | 12:10 PM |
| Break   | 12:10 PM | 12:25 PM |
| Cognitive Therapy for Suicide Prevention –<br>Empirical support for CBT   | 12:25 PM | 12:45 PM |
| Intro to Cognitive Therapy for Suicide Prevention<br>Theory of CBT<br>Structure of treatment<br>Session structure   | 12:45 PM | 1:30 PM  |
| CBT for Suicide Prevention, Early Phase of Treatment – Overview   | 1:30 PM  | 2:00 PM  |
| Lunch   | 2:00 PM  | 3:00 PM  |
| Fluid Vulnerability Theory  | 3:00 PM  | 3:25 PM  |
| CBT for Suicide Prevention, Early Phase of Treatment –<br>Conducting a suicide risk assessment<br>Suicide risk continuum<br>Suicide risk assessment role play | 3:25 PM  | 4:55 PM  |
| Break   | 4:55 PM  | 5:10 PM  |
| Narrative Description   | 5:10 PM  | 5:40 PM  |
| Constructing a Timeline   | 5:40 PM  | 6:15 PM  |
| Questions and Wrap-up   | 6:15 PM  | 6:30 PM  |
| Adjourn   | 6:30 PM  |          |



### Day Two

|  |          |          |
|--|----------|----------|
| Check-In and Review of Day 1   | 10:00 AM | 10:10 AM |
| Crisis Intervention<br>Safety planning<br>Crisis response plan<br>Hope Box                         | 10:10 AM | 11:10 AM |
| Means Safety Counseling  | 11:10 AM | 12:10 PM |
| Break  | 12:10 PM | 12:25 PM |
| Means Safety Counseling Role Play  | 12:25 PM | 1:00 PM  |
| Treatment Planning and Cognitive Case Conceptualization  | 1:00 PM  | 1:45 PM  |
| Lunch  | 1:45 PM  | 2:45 PM  |
| Intermediate Phase of Treatment<br>Behavioral strategies Coping strategies<br>Cognitive strategies | 2:45 PM  | 4:25 PM  |
| Break  | 4:25 PM  | 4:40 PM  |
| Later Phase of Treatment –<br>Review and consolidation of skills Relapse prevention                | 4:40 PM  | 6:20 PM  |
| Questions  | 6:20 PM  | 6:30 PM  |
| Adjourn  | 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 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 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).

**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 Katie Medina at [katie.medina.ctr@usuhs.edu](mailto:katie.medina.ctr@usuhs.edu).

**Participate:**

**Online Platform:** Zoom

**Date:** 5-6 December 2023

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

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

**Registration Deadline:** Registration will close 4 December 2023 or when event capacity is reached.

**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 [kaite.medina.ctr@usuhs.edu](mailto:kaite.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:**

**Katrice Byrd, D.S.W.**, currently serves as a Military 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.

**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.

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