



Cognitive Behavioral Therapy for Suicide Prevention

18-19 January 2023

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 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. Specifically, this workshop is for Active Duty, GS-DoD, and contractor-DoD behavioral health providers who provide conventional psychotherapy to Service members at a military facility (working directly for the military and having a .mil email address, or one pending). Nurses and nurse practitioners are also welcome as long as they meet these requirements.

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 – Dr. Thomas Joiner	11:40 AM	11:55 AM
Theoretical Underpinnings: Three-Step Theory of Suicide – Drs. David Klonsky and Alexis May	11:55 AM	12:10 PM
Break	12:10 PM	12:25 PM
Cognitive Therapy for Suicide Prevention – Empirical support for CBT	12:25 PM	12:45 PM
Intro to Cognitive Therapy for Suicide Prevention Theory of CBT Structure of treatment 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 – Conducting a suicide risk assessment Suicide risk continuum 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 Safety planning Crisis response plan 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 Behavioral strategies Coping strategies Cognitive strategies	2:45 PM	4:25 PM
Break	4:25 PM	4:40 PM
Later Phase of Treatment – 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 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.

Participate:

Online Platform: Zoom

Date: 18-19 January 2023

Time: 10:00 am – 6:30 pm Eastern

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

Registration Deadline: One week prior to training start or when registration reaches capacity

Cancellations/Questions: Please contact 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 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 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.

Elizabeth Parins, MA, Psy.D., is the Chief of Staff at the Center for Deployment Psychology (CDP). Dr. Parins has worked for CDP since 2007, serving in many different capacities including as a faculty member on APA-accredited psychology internship programs, as a project developer and trainer in military and civilian programs, and as an Assistant Director of Training and Education. She began her professional career as a Naval officer and served in San Diego, California and Bremerton, Washington as a staff psychologist. Her clinical expertise is military psychology with emphasis on suicide prevention, PTSD, depression and anxiety disorders. Dr. Parins has extensive clinical experience treating service members and their families.

As a CDP faculty member Dr. Parins has traveled widely across the United States, Europe, and Asia providing continuing education to civilian and military behavioral health providers. The courses and topics she has taught include Prolonged Exposure Therapy for PTSD, Cognitive Therapy for Suicide Prevention, ethics, depression, TBI, sleep disorders, substance abuse in military populations, military culture and the deployment cycle. Currently, she is based in North Carolina.

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