



## **Understanding and Treating Chronic Pain In Military Personnel**

This intensive two-day module provides training in the assessment, management and cognitive-behavioral treatment of chronic pain. The module lays the foundation for working with military connected individuals suffering from chronic pain by reviewing the rates and mechanisms of chronic pain in civilian and military populations, including the role of military culture. Furthermore, theories of chronic pain will be introduced with a focus on biological, psychological and social factors impacting chronic pain. Participants will develop case conceptualization skills grounded by the clinical interview and empirically based assessment tools. Participants will learn and have the opportunity to practice key intervention strategies. In addition to learning CBT skills/techniques for working with chronic pain patients, participants will explore the role of motivational interviewing practices in CBT for chronic pain. The workshop also discusses common challenges to psychological service for pain management and ways to overcome those barriers. The module is designed for behavioral health providers working with Service Members, Veterans and their families who are seeking in-depth training in empirically supported treatment options they can immediately incorporate into their clinical practice. Participants are expected to actively engage in class activities and attend both days.

**Target Audience:** For behavioral health providers who treat military personnel, veterans, and their families.

**Instructional Level:** Intermediate

### **Learning Objectives:**

Following the training, providers will be able to:

1. Specify prevalence rates of chronic pain in military and civilian populations.
2. Formulate treatment considerations specific to a military population when utilizing CBT-CP.
3. Integrate common co-morbid mental health conditions into treatment planning for military-connected patients.
4. Evaluate the contribution of opioid medication to a patient's experience of chronic pain.
5. Apply the biopsychosocial model to the process of clinical case conceptualization.
6. Perform differential diagnosis using DSM-5 diagnoses relevant to the chronic pain population.
7. Demonstrate a psychological chronic pain-focused clinical interview including biological, physical, and social domains.
8. Score and interpret relevant, subjective assessment measures for pain.
9. Develop treatment goals for pain management using the SMART model.
10. Apply targeted relaxation practice as pain coping strategy.
11. Develop behavioral interventions to target under- and/or over-activity patterns that



- exacerbate chronic pain.
12. Modify pleasurable activities given realistic pain limitations to increase behavioral activation.
  13. Apply cognitive strategies to modify unhelpful pain-related cognitions.
  14. Design a plan to address common challenges in implementing CBT-CP with patients.

**Agenda:**

**Day One**

<b>Check-in</b>	<b>10:45am – 11:00am</b>
<b>Introduction &amp; Course Overview</b>	<b>11:00am – 11:15am</b>
<b>Pain: Definitions, Epidemiology, &amp; Related Military Factors</b>	<b>11:15am – 12:30pm</b>
<b>Comorbid Psychological Conditions</b>	<b>12:30 pm - 1:15pm</b>
<b>Break</b>	<b>1:15pm - 1:30pm</b>
<b>Theories &amp; Models of Pain</b>	<b>1:30pm - 2:00pm</b>
<b>Pain Diagnoses</b>	<b>2:00pm - 2:15pm</b>
<b>Evidence Base for CBT-CP &amp; Treatment Structure</b>	<b>2:15pm – 2:45pm</b>



<b>Lunch Break</b>	<b>2:45pm – 3:45pm</b>
<b>Initial Phase of Treatment: Assessment, Case Conceptualization, Goal-Setting, Psychoeducation, Self-Monitoring</b>	<b>3:45pm – 7:30pm</b> <b>*Inc 15 min Break</b>

**Day Two**

<b>Check-in</b>	<b>10:45am – 11:00am</b>
<b>Middle Phase of Treatment: Relaxation, Activity Pacing, Behavioral Activation</b>	<b>11:00am – 1:45pm</b> <b>*Inc 15 min Break</b>
<b>Middle Phase of Treatment: Cognitive Strategies</b>	<b>1:45pm – 3:15pm</b>
<b>Lunch Break</b>	<b>3:15pm – 4:15pm</b>
<b>Middle Phase of Treatment: Sleep</b>	<b>4:15pm – 4:30pm</b>
<b>Later Phase of Treatment</b>	<b>4:30pm – 5:00pm</b>
<b>Special Considerations &amp; Role of Motivational Interviewing</b>	<b>5:00pm – 6:30pm</b> <b>*Inc 15 min Break</b>



<b>Case Conceptualization Exercise</b>	<b>6:30pm – 7:30pm</b>
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Please note that break times are approximate and subject to change.

**1100 - 1930 minus 1.5 hours = 7 hours per day**  
**Wednesday, May 20<sup>th</sup>, 2021 from 0900 ET- 1730 ET**  
**Thursday, May 19<sup>th</sup>, 2021 from 0900 ET- 1730 ET**

## **Location Information**

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This training will be held online via **Zoom Video Communications**.

Wednesday, May 20<sup>th</sup>, 2021 from 0900 ET- 1730 ET  
Thursday, May 19<sup>th</sup>, 2021 from 0900 ET- 1730 ET

A functioning microphone is **MANDATORY** to attend, in order to hear the presenters and participate in the role-play sessions. Headphones are **HIGHLY RECOMMENDED** to reduce audio feedback and echoing effects.

## **Participate**

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### **Registration Information:**

Participants are able to find registration information for this training on the CDP website: <https://deploymentpsych.org/training>. Registration is done through an event management system: CE21.

Direct registration link:

<https://deploymentpsych.ce21.com/item/understanding-treating-chronic-pain-military-personnel-cbtcp-zoom-78642>

### **Cost/Refunds: Price: \$45**

Registration fees will be refunded to participants who send a written cancellation via email to [aric.bowie.ctr@ushuhs.edu](mailto:aric.bowie.ctr@ushuhs.edu), or [christopher.adams.ctr@usuhs.edu](mailto:christopher.adams.ctr@usuhs.edu). If cancelled by May 3rd, 2021,



registrants can receive a full refund. If cancelled by May 10th, 2021, registrants can receive a partial refund for \$22.50. Refunds will not be available for cancellations after 5:00 PM EST, May 10th, 2021.

## Special Accommodations:

If you require special accommodations due to a disability, please contact Aric Bowie ([aric.bowie.ctr@usuhs.edu](mailto:aric.bowie.ctr@usuhs.edu)) 4 weeks prior to the training so that we may provide you with appropriate service.

## Presenters

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**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.

**Diana C. Dolan, PhD, CBSM, DBSM** is a clinical psychologist serving as a Senior Military Behavioral Health Psychologist with the Center for Deployment Psychology 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, and provides consultation services.

Dr. Dolan graduated from the University of North Texas with a bachelor's degree in psychology and earned her doctorate in clinical health psychology and behavioral medicine from the University of North Texas. She completed a clinical psychology internship at Wilford Hall Ambulatory Surgical Center in San Antonio, Texas.

Dr. Dolan is a veteran of the U.S. Air Force. As an active duty psychologist, she served as chief, Primary Care Psychology at Lackland AFB, Texas, overseeing integrated behavioral health services in primary care. She was also responsible for overseeing the base post-deployment health reassessment program. Prior to



her current position, she was a deployment behavioral health psychologist with CDP and the associate training director for the clinical psychology internship at Wilford Hall.

Dr. Dolan's professional interests include behavioral treatment of health conditions, in particular sleep disorders and within brief-natured primary care settings, clinical psychology training and program evaluation, and military psychology. She is certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine. She is also a diplomate in Behavioral Sleep Medicine from the Board of Behavioral Sleep Medicine.

## Continuing Education

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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.

The Center for Deployment Psychology offers attendees 14 credit hours for participation in this training. Participants attending events in person are required to sign-in at the start of the training and sign-out at the conclusion of the training in order to attain CE credit. Participant attendance data will be collected electronically during webinars. There is a 30-day time limit post-training to complete all CE requirements. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Aric Bowie at [aric.bowie.ctr@usuhs.edu](mailto:aric.bowie.ctr@usuhs.edu).

The CEs provided by the American Psychological Association are acceptable for most licensed professionals when renewing their license and it is our experience that APA CE credits have been recognized by most professional state license boards. However, please check with your board regarding the acceptability of APA CE credits for this activity.