



Cognitive Behavioral Therapy for Depression: Working with Service Members and Veterans (CBT-D)

This intensive 2-day workshop provides training in the fundamentals of Cognitive Behavioral Therapy for Depression for behavioral health providers working with Service members. The workshop will begin with a discussion of depression in the military, followed by a summary of the theory underlying cognitive behavioral therapy. Participants will then learn how to conceptualize depressed patients according to this model, plan treatment, and utilize both cognitive and behavioral strategies. Participants will have the opportunity to watch video examples and practice intervention strategies through their own role plays. Participants must attend both days.

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

Instructional Level: Intermediate

Learning Objectives:

Attendees will be able to:

1. Evaluate the prevalence rates of depression in the military.
2. Distinguish treatment considerations specific to a military population when utilizing Cognitive Behavioral Therapy for Depression (CBT-D).
3. Apply four central principles of cognitive behavioral therapy when working with patients presenting with depression.
4. Differentiate between the three levels of cognition (automatic thoughts, underlying assumptions, and core beliefs).
5. Categorize the three types of thought that make up the “negative cognitive triad” thinking style that characterizes depression.
6. Develop an individualized case conceptualization for patients based on the cognitive behavioral model.
7. Design a full course (schedule) of treatment for a CBT-D patient based on the phase-driven treatment approach.
8. Use information from self-report measures and clinical interviews to aid in diagnosing depression.
9. Organize the components of a CBT-D therapy session into a standard framework.



10. Use behavioral strategies from CBT-D to modify unhelpful behavioral patterns in Service members.
11. Utilize cognitive strategies from CBT-D to modify unhelpful cognitions in Service members.
12. Differentiate between cognitive distortions common in military personnel vs. civilian populations.
13. Apply the Socratic Method to guide discovery in CBT.
14. Demonstrate ability and confidence to utilize CBT skills with depressed Service members through role-play activities.

Agenda

DAY 1

- 1100 Course Intro
Depression in the Military
Roots of CBT-D
CBT Approach to Therapy
- 1230 - 1245 **BREAK**
- 1245 Cognitive Theory & the Military Mindset
CBT Theories of Depression
CBT Case Conceptualization
- 1445 - 1545 **LUNCH**
- 1545 CBT Case Conceptualization (*continued*)
Elements of CBT
- 1730 - 1745 **BREAK**
- 1745 Course of CBT-D
Initial Phase of Treatment
Clinical Assessment
CBT-D Session Structure
- 1930 **End**

DAY 2

- 1100 Review of Day 1



Behavioral Activation
Activity Monitoring/Scheduling

1230 - 1245 **BREAK**

1245 Additional Behavioral Strategies
Rating Emotions
Identifying ATs
Thought Records

1430 - 1530 **LUNCH**

1530 Evaluating Automatic Thoughts
Socratic Dialogue

1615 - 1630 **BREAK**

1630 Cognitive Strategies for Underlying Assumptions
Cognitive Strategies for Core Beliefs
Problem-Solving Strategies
Later Phase of Treatment

1930 **End**

One hour for lunch and two 15-minute breaks each day

1100 - 1930 minus 1.5 hours = 7 hours per day
Wednesday, April 28th, 2021 from 1100 - 1930 ET
Thursday, April 29th, 2021 from 1100 - 1930 ET

Location Information

This training will be hosted via Second Life Virtual World in CDP's virtual presentation room, which can be found using the following SLURL (Second Life URL):

<http://maps.secondlife.com/secondlife/CDP%20Prime/128/207/32>

*Please note that visitors must be granted access before visiting the training location.

If you are unfamiliar with Second Life, we HIGHLY recommend watching these [brief orientation videos](#) we have created to introduce Second Life to new participants. Full attendance on both days is required. We will take attendance manually at the start, end and throughout the workshop.



Attendees must participate using a separate computer rather than joining a group of people viewing via one machine to acquire credit for attendance. To be successful in a course offered through Second Life, participants will need to complete multiple steps before the start of training. Step-by-step technical support is provided within the course itself, and trained staff are available to assist as needed.

Second Life is not permitted on networks or internet connections belonging to US military bases or the US Department of Veterans Affairs. Some workplace internet connections will generally not permit Second Life. In these instances, we encourage participants to use a home internet connection. Second Life is also incompatible with mobile phones and tablet computers.

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.

Participants are also required to attend one of the pre-event "Open Houses" held online in Second Life, unless they have previously attended a CDP-led training in Second Life. This is to ensure that participants can successfully log into Second Life, enter the training space, hear the presenter and speak with them via their computer's microphone. Participants will not need to attend for the entire "open house," just a portion of the two-hour window. Failure to attend one of the Open Houses will result in being disenrolled from the training.

Participate

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 CE 21.

Direct registration link:

<https://deploymentpsych.ce21.com/item/cognitive-behavioral-therapy-depression-working-service-members-veterans-cbtd-life-77601>



Cost/Refunds

Registration Fee: \$45

Refund Policy:

Registration fees will be refunded to participants who send a written cancellation via email to aric.bowie.ctr@usuhs.edu, or christopher.adams.ctr@usuhs.edu. If cancelled by April 12th, 2021, registrants can receive a full refund. If cancelled by April 19th, 2021, registrants can receive a partial refund for \$22.50. Refunds will not be available for cancellations after 5:00 PM EST, April 19th, 2021.

Attendees who do not attend any of the four scheduled open houses will not be available for refunds.

Special Accommodations:

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

Presenters

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.

Jeffrey Mann, Psy.D., is a Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) with the Uniformed Services University of the Health Sciences. Dr. Mann provides support Navy mental health training programs and is a Veteran of the United States Air Force (USAF) where he served as a psychologist from 2009 to 2013. In 2013, he deployed to Southwest Asia in support of Operation Enduring Freedom.

Dr. Mann received his bachelor's degree in computer science from DePauw University and his master's and doctorate degrees in clinical psychology from the Adler School of Professional Psychology, Chicago, with a specialization in primary care psychology. He is a 2010 graduate of the Wilford Hall USAF Medical Center Psychology Residency Program.

Dr. Mann's clinical work has focused on the assessment and treatment of trauma-related mental health conditions, anxiety disorders, insomnia and the use of Telebehavioral Health.

Continuing Education

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.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.