



## Cognitive Behavioral Therapy for Depression (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. Attendance on both days is required.

**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. Explore prevalence rates of depression in military populations.
2. Point out treatment considerations specific to a military population when utilizing Cognitive Behavioral Therapy for Depression (CBT-D).
3. Consider the negative consequences of mental health stigma for Service members.
4. Articulate the theory relevant to Cognitive Behavioral Therapy (CBT).
5. Specify the key principles of CBT.
6. Apply CBT formulation to depression.
7. Develop an individualized case conceptualization for patients based on the cognitive behavioral model.
8. Communicate the role of assessment in developing a CBT case conceptualization.
9. Prioritize the components of a standard CBT-D session.
10. Determine cognitive strategies utilized in CBT-D to modify unhelpful cognitions in Service members.
11. Determine behavioral strategies utilized in CBT-D to modify unhelpful behavioral patterns in Service members.
12. Apply the use of the Socratic Method in CBT.
13. Articulate common cognitive distortions of military personnel.
14. Establish ability and confidence to utilize CBT skills with depressed Service members through role play activities.



## **Agenda**

### **DAY 1**

0900-0915	Introductions
0915-1015	Depression in the Military
1015-1030	Roots of Cognitive Behavioral Therapy for Depression (CBT-D)
1030-1045	BREAK
1045-1145	Cognitive & Behavioral Theory
1145-1300	Behavioral Strategies
1300-1400	LUNCH
1400-1430	Behavioral Strategies (cont.)
1430-1530	Identifying Automatic Thoughts
1530-1545	BREAK
1545-1715	Evaluating Automatic Thoughts
1715-1730	Homework Assignment/Wrap-up

### **DAY 2**

0900-0915	Check-in/Homework Review
0915-0945	Working with Core Beliefs
0945-1000	Problem Solving
1000-1045	Elements of Cognitive Behavioral Therapy (CBT)
1045-1100	BREAK
1100-1130	Initial Phase
1130-1300	CBT Case Conceptualization
1300-1400	LUNCH
1400-1530	General CBT-D Session Structure
1530-1545	BREAK
1545-1600	Middle & Later Phases
1600-1715	Review of CBT Skills
1715-1730	Wrap-up (15)

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

0900 AM - 1730 minus 1.5 hours = 7 hours per day



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## Location Information

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

Tuesday, Oct 15<sup>th</sup>, 2020 from 0900am ET - 1730pm ET

Wednesday, Oct 16<sup>th</sup>, 2020 from 0900am ET - 1730pm ET

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## 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 CE 21.

Direct registration link:

<https://deploymentpsych.ce21.com/item/cognitive-behavioral-therapy-depression-cbtd-zoom-62752>

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

Registration fees will be refunded to participants who send a written cancellation via email to [aric.bowie.ctr@usuhs.edu](mailto:aric.bowie.ctr@usuhs.edu), or [christopher.adams.ctr@usuhs.edu](mailto:christopher.adams.ctr@usuhs.edu). If cancelled by September 28th, 2020, registrants can receive a full refund. If cancelled by October 5th, 2020, registrants can receive a partial refund for \$22.50. Refunds will not be available for cancellations after 5:00 PM EST, September 5th, 2020. 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](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.

**Erin Frick, Psy.D.** is a clinical psychologist and Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, she provides EBP trainings, and assists in the development of EBP trainings and research. Dr. Frick graduated with her master's degree in mental health counseling from Purdue University in West Lafayette, IN and her doctorate in Clinical Psychology from Wright State University in Dayton, OH. She earned her bachelor's degree in psychology from Manchester University (formerly Manchester College) in Indiana.

Dr. Frick first joined CDP in 2014 as an Evidence-Based Psychotherapy (EBP) Champion-Consultant working at Travis AFB in Fairfield, California, where she served as an advocate for evidence-based mental health treatment utilization, provided consultation services, engaged in clinic process improvement, and developed toolkits designed to expand access to and availability of evidence-based psychotherapies. Prior to coming to CDP, she worked as a contract psychologist treating active duty military members at Travis AFB utilizing EBPs to include Cognitive Behavioral Therapy for Depression, Cognitive Behavioral Therapy for Insomnia, Cognitive Processing Therapy, Prolonged Exposure (including the use of Virtual Reality Therapy), and Cognitive Behavioral Couples Therapy for PTSD. Before this, she worked primarily in university counseling and community mental health centers.

Over the course of her career, Dr. Frick's clinical work has focused on dissemination and implementation of EBPs, developing group therapy services in mental health clinics, training and supervising staff, mindfulness-based treatment, and the assessment and treatment of trauma-related mental health conditions.



## 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.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.