



Cognitive Behavioral Therapy for Suicide Prevention

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. Participants must attend using a separate computer rather than joining a group of people viewing via one computer.

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. 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. Communicate several warning signs for suicide that inform decisions about clinical interventions.
4. Apply at least one psychological theory of suicide to the process of clinical assessment and treatment planning.
5. Incorporate suicide risk and protective factors unique to military populations into overall risk assessment for suicide.
6. Scrutinize unique challenges associated with suicide risk assessment and prediction in the clinical setting.
7. Assess risk for suicide in a manner that is sensitive to both proximal and distal risk factors.
8. Collaborate with a patient to complete a safety plan.
9. Use means safety counseling in patient interactions to improve clinical outcomes.
10. Create a timeline of a patient's suicidal crisis for use in treatment.



11. Evaluate key negative thoughts associated with the intent to die by suicide as related to clinical practice.
12. Apply CBT formulation of suicide using the expanded case conceptualization model of the suicidal crisis.
13. Implement cognitive, behavioral, and affective coping strategies utilized in CBT-SP to help patients cope with suicide urges.
14. Characterize the modifications to standard behavioral activation when applied within the CBT-SP protocol.
15. Utilize the guided imagery exercise as part of the relapse prevention protocol for CBT-SP.

Agenda:

Day One:

0900 – 0930 Epidemiology of Suicide

0930 – 1010 Nomenclature

1010 – 1040 Risk and Protective Factors

1040 – 1055 Theoretical Underpinnings: Interpersonal Psychological Theory of Suicide Risk – Dr. Thomas Joiner

1055 – 1110 Theoretical Underpinnings: Three-Step Theory of Suicide – Drs. David Klonsky and Alexis May

1110 – 1125 Break

1125 – 1145 Cognitive Therapy for Suicide Prevention – Empirical support for CBT

1145 – 1230 Intro to Cognitive Therapy for Suicide Prevention
Theory of CBT
Structure of treatment
Session structure



1230 – 1300 CBT for Suicide Prevention, Early Phase of Treatment – Overview

1300 – 1400 Lunch

1400 – 1425 Fluid Vulnerability Theory

1425 – 1555 CBT for Suicide Prevention, Early Phase of Treatment –
Conducting a suicide risk assessment
Suicide risk continuum
Suicide risk assessment role play

1555 – 1610 Break

1610 – 1640 Narrative Description

1640 – 1715 Constructing a Timeline

1715 – 1730 Questions and Wrap-up

1730 Adjourn

Day Two

0900 – 0930 Nomenclature Homework Review

0930 – 1030 Crisis Intervention
Safety planning
Crisis response plan
Hope Box

1030 – 1045 Break

1045 – 1215 Means Safety Counseling
Means Safety Counseling Role Play

1215 – 1300 Treatment Planning and Cognitive Case Conceptualization



- 1300 – 1400 Lunch
- 1400 – 1535 Intermediate Phase of Treatment
Behavioral strategies Coping strategies
Cognitive strategies
- 1535 – 1550 Break
- 1550 – 1720 Later Phase of Treatment –
Review and consolidation of skills
Relapse prevention
Review of goals and treatment planning
- 1720 – 1730 Questions
- 1730 Adjourn**

Please note that break times are approximate and subject to change.

0900 - 1730 minus 1.5 hours = 7 hours per day
Thursday, September 23th, 2021 from 0900 ET- 1730 ET
Friday, September 24th, 2021 from 0900 ET- 1730 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.

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

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 Eventbrite.

Direct registration link:

<https://www.eventbrite.com/e/cbt-sp-workshop-via-second-life-23-24-september-2021-registration-148913509315>

Cost/Refunds: Price: \$45

Registration fees will be refunded to participants who send a written cancellation via email to aric.bowie.ctr@ushuhs.edu, or christopher.adams.ctr@usuhs.edu. If cancelled by September 7th, 2021,



registrants can receive a full refund. If cancelled by September 13th, 2021, registrants can receive a partial refund for \$22.50. Refunds will not be available for cancellations after 5:00 PM EST, September 13th, 2021.

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

Libby Parins, Psy.D., is the Assistant Director of Training and Education at the Center for Deployment Psychology (CDP). Dr. Parins has worked at CDP since 2007, serving in many different capacities including as a faculty member on APA-accredited psychology internship programs, and as a project developer and trainer in military and civilian programs. She began her professional career as a Naval Officer where she served in San Diego, California and Bremerton, Washington as a psychologist. Her clinical expertise is military psychology with foci on depression, anxiety, suicide, and trauma. Dr. Parins clinical career has focused on treating active duty Service members as a clinician in military hospitals.

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 she teaches 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.

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.



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 at 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.