



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

1100 – 1115 Check-In

1115 – 1130 Introduction & Course Overview 1130 – 1150 Epidemiology of Suicide

1150 – 1230 Nomenclature

1230 – 1300 Risk and Protective Factors

1300 – 1320 Theoretical Underpinnings: Interpersonal Psychological Theory of Suicide Risk – Dr. Thomas Joiner

1320 – 1340 Theoretical Underpinnings: Three-Step Theory of Suicide – Drs. David Klonsky and Alexis May

1340 – 1355 Break

1355 – 1415 Cognitive Therapy for Suicide Prevention – Empirical support for CBT

1415 – 1500 Intro to Cognitive Therapy for Suicide Prevention
Theory of CBT
Structure of treatment
Session structure

1500 – 1520 CBT for Suicide Prevention, Early Phase of Treatment – Overview

1520 – 1620 Lunch

1620 – 1655 Fluid Vulnerability Theory

1655 – 1825 CBT for Suicide Prevention, Early Phase of Treatment –



Conducting a suicide risk assessment
Suicide risk continuum
Suicide risk assessment role play

1825 – 1840 Break

1840 – 1910 Narrative Description

1910 – 1945 Constructing a Timeline

1945 – 2000 Questions and Wrap-up

2000 Adjourn

Day Two

1100 – 1130 Check-In

1130 – 1200 Nomenclature Homework Review

1200 – 1300 Crisis Intervention
Hospitalization Safety planning
Crisis response plan
Hope Box

1300 – 1315 Break

1315 – 1445 Means Safety Counseling
Means Safety Counseling Role Play

1445 – 1530 Treatment Planning and Cognitive Case Conceptualization

1530 – 1630 Lunch

1630 – 1745 Intermediate Phase of Treatment
Behavioral strategies Coping strategies

1745 – 1800 Break

1800 – 1845 Intermediate Phase of Treatment Continued
Cognitive strategies

1845 – 1945 Later Phase of Treatment –
Review and consolidation of skills Relapse prevention
Review of goals and treatment planning

1945 – 2000 Questions

2000 Adjourn

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



1100 - 2000 minus 2 hours = 7 hours per day
Thursday, August 27th, 2020 from 1100 ET- 2000 ET
Friday, August 28th, 2020 from 1100 ET- 2000 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.

1. Have or create a Second Life account
2. Download the Second Life Viewer application
3. Attend a MANDATORY CDP Open House for proficiency in Second Life. Sign-up is part of registration.

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.

The scheduled times for the open houses are as follows:

- 12 August, 2-4 p.m. Eastern
- 14 August, 10 a.m. - 12 noon Eastern
- 17 August, 7-9 p.m. Eastern
- 19 August, 1-3 p.m. Eastern



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/prolonged-exposure-pe-therapy-ptsd-zoom-52738>

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 August 9th, 2020, registrants can receive a full refund. If cancelled by August 16th, 2020, registrants can receive a partial refund for \$22.50. Refunds will not be available for cancellations after 5:00 PM EST, August 16th, 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 (abowie@deploymentpsych.org) 4 weeks prior to the training so that we may provide you with appropriate service.

Presenters

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.

April Thompson, LCSW, is a clinical social worker currently working as a Military Behavioral Health Social Worker with the Center for Deployment Psychology (CDP) at the Uniformed Services University (USU) in Bethesda, Maryland. In this capacity, she is responsible for the development and delivery of both live and web-based trainings to military and civilian behavioral health providers on deployment-related topics.

Ms. Thompson received her Bachelor of Arts degree from Pepperdine University in Malibu, CA and her Master of Social Work degree from University of Pennsylvania.

For over 20 years, Ms. Thompson has primarily worked with military couples and families in a wide range of settings including on bases in Virginia, Florida, Hawaii and Japan. She has expertise in couples counseling addressing the stresses associated with military life as well as prevention and treatment of intimate partner violence and suicide. Prior to joining CDP, Ms. Thompson worked on a contract supervising the clinical care and training of counselors working on Navy bases throughout the United States.

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.