An Overview of Adaptive Disclosure-Enhanced: A Flexible Cross-Cutting Treatment for Moral Injury

6/18/2025

A Live, Interactive Webinar

Description:

Moral injury is a measurable potential clinical syndrome defined as significantly functionally impairing alterations in: (a) self- and other-perception (i.e., shifts in ideas about personal or collective humanity), (b) moral thinking (i.e., moralistic judgments of oneself and others [e.g., self-censure, condemnation]), (c) social behavior (i.e., social exclusion, social rejection; loss of valued, valuing, and kindred attachments), (d) moral emotions and moods (i.e., the self-conscious emotions of guilt and shame and the other-condemning emotions of anger and disgust), (e) self-harming or self-sabotaging, and (f) changes in beliefs about life meaning and purpose (e.g., emptiness, purposelessness, questioning faith and the meaning of life) indexed to a worst and most currently distressing experience that entails doing or failing to do (agentic) or directly experiencing or bearing witness to (nonagentic) acts that violate the social contract and transgress deeply held moral beliefs and expectations.

In this webinar, participants will gain a comprehensive understanding of **Adaptive Disclosure-Enhanced (AD-E)**, which is an evidence-based, structured, cross-cutting, experiential psychotherapy designed to address chiefly target moral injury. AD-E builds upon the original Adaptive Disclosure framework by integrating letter-writing, mindfulness, and loving-kindness meditation. AD-E prioritizes functional recovery through daily reparative activities aimed at restoring faith in humanity or one's own humanity and fostering valuing and valued social connections and kindred activities. By the end of this session, participants will understand the social-functional model of morality, moral behavior, and moral injury, understand the symptoms of moral injury and how to assess them, and gain a session-by-session understanding of how Adaptive Disclosure-Enhanced can serve as a versatile and compassionate treatment for moral injury. Potential benefits, as well as common challenges and considerations for practitioners using AD-E, will be reviewed.

Total CE Credits: 1.5
Total Contact Hours: 1.5

Learning Objectives:

Following the training, attendees will be able to:

1. Explain the social-functional model of moral injury and its implications for mental health and well-being.
2. Differentiate key foundational principles of AD-E from other trauma-focused therapies

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

<u>Instructional Content Level:</u> Introductory

<u>Agenda:</u>

Agenda for CDP Presents Webinar

Webinar room prep and Lobby time	**11:30 am - 12:00 PM**
Welcome to CDPP and Speaker Intro	**12:00 pm - 12:05 PM**
Speaker Presents	**12:05 pm - 1:25 PM**
Question and Answer	**1:25 pm - 1:30 PM**

<u>Continuing Education:</u>

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be available within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:
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.

Association of Social Work Boards Approved Continuing Education Provider Approval:
The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 1.5 Live, Interactive Webinar continuing education credits.

New York State Education Department's State Board for Psychology Provider Approval:
The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

New York State Education Department's State Board for Social Work Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Jeremy Karp at jeremy.karp.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: 6/18/2025

Time: 12:00 - 1:30 PM Eastern

Registration Information: Registration is done through event management system CE21, links will be provided to prospective attendees.

Registration Deadline: Registration for this training closes one week prior to the training date.

Cancellations/Questions: Please contact jeremy.karp.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Location Information: Participants will login to the webinar via the CE21 account using the green launch webinar button.

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System Requirements:

> **Zoom:**
> • Internet connection
> • Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
> • Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
> • Hardware: 1Ghz processor or higher

Special Accommodations: If you require special accommodations due to a disability, please contact Jeremy Karp at jeremy.karp.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training, including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Stanley-Hulsey, via email at amanda.stanley-hulsey.ctr@usuhs.edu

Instructor Biographies:

Brett Litz, Ph.D.

Dr. Litz is a clinical psychologist and Professor in the Departments of Psychiatry and Psychological and Brain Sciences at Boston University and is also the Director of the Mental Health Core of the Massachusetts Veterans Epidemiological Research and Information Center at the VA Boston Healthcare System. Dr. Litz is internationally recognized as an expert on PTSD, military trauma, and the early intervention and treatment of trauma, traumatic loss, and moral injury.

Dr. Litz recent work entails the development and validation of a new measure of moral injury as a multidimensional outcome (the Moral Injury Outcome Scale; a public domain scale available by emailing Dr. Litz), conducting a national study of the prevalence and impact of moral injury in US Veterans, and conducting a VA funded multisite clinical trial testing an expanded version of Adaptive Disclosure on Veterans with PTSD. Adaptive Disclosure is a flexible multidimensional psychotherapy that employs different strategies to target threat-based, loss-related, and moral injury-related trauma (http://www.guilford.com/books/Adaptive-Disclosure/Litz-Lebowitz-Gray-Nash/9781462523290; https://pmc.ncbi.nlm.nih.gov/articles/PMC11771448/).

Dr. Litz has over 400 peer reviewed publications and is a fellow of the Association of Behavioral and Cognitive Therapies, the American Psychopathological Association, and the Association for Psychological Science.