



CDP Presents Getting Started on the Right Foot: Setting the Stage for Effective EBP Sessions

Over the years of treating patients and talking to other providers, it has become evident that patients often enter therapy with misconceptions or confusion about what therapy is and what it is not. Patients also frequently have little to no information about the use of Evidence Based Psychotherapies (EBPs) in effective treatment. Supporting these observations is a recent study of consumer expectations of psychotherapy (O'Callaghan et al., 2023) that reported 1) a commonly held belief that duration of psychotherapy is indefinite and that very few study participants believed that psychotherapy typically lasts 1-3 months, and 2) more than half of participants believed that evidence-based practice was important. The contradictions in the beliefs about the duration of psychotherapy in relation to the desire for evidence based practice highlight the gaps in knowledge that exist in the consumer population.

To explore some of these contradictions and how to address them in clinical practice, this program will consist of a discussion with a panel of experienced mental health providers whose practice has focused on providing EBPs for various conditions and populations. Panelists will share information about the misconceptions and challenges of providing EBPs and discuss strategies that they have used to educate about, and successfully implement, EBPs with their patients.

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

Instructional Level: Introductory

Learning Objectives:

Attendees will be able to:

- Explain the importance of key research findings related to expectations around psychotherapy and potential implications for practice.
- Apply strategies for providing effective education and setting expectations for EBPs in clinical practice.



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



Location Information

Address:

https://deploymentpsych.ce21.com/item/cdpp_august_2024

August 22nd, 2024, 12:00 - 1:30 PM

Participate

Registration Information:

Participants can register via the link provided above, utilizing the CE21 system.

Cost/Refunds: Zero cost, no refund policy

Special Accommodations:

If you require special accommodations due to a disability, please contact Jeremy Karp at jeremy.karp.ctr@usuhs.edu 2 weeks prior to the training so that we may provide you with appropriate service.



Presenters

Jeffrey Mann, Psy.D., is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) with the Uniformed Services University of the Health Sciences. Dr. Mann is an SME and trainer in Cognitive Behavioral Therapy for Suicide Prevention (CBT-SP) as well as Cognitive Processing Therapy (CPT). He 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 University, 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.

Shantel Fernandez Lopez, Ph.D., is a clinical psychologist serving as a Military Behavioral Health Child Psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, she supports a study focused on the identification and enhancement of evidence-based treatment delivery to youth with neurodevelopmental and behavioral health needs via telehealth and tele-education. Dr. Fernandez Lopez also provides Evidence-Based Psychotherapy training. She received her bachelor's degree from the University of Hawaii at Manoa. Her doctoral degree in clinical psychology was earned from the University of Tulsa, Oklahoma. Dr. Fernandez Lopez completed her internship at the Medical University of South Carolina Consortium and postdoctoral fellowship at Tripler Army Medical Center (TAMC).

Prior to joining CDP, Dr. Fernandez Lopez worked at TAMC for 14 years serving in various positions such as the Director of Clinical Training of the Child Psychology Fellowship Program and the Clinical Director of the Early Behavioral Health Team. She also engaged in direct clinical care in private practice, community clinics, and taught university students. Dr. Fernandez Lopez specializes in conduct problems, sleep, and trauma in children. She is a credentialed trainer in Parent Child Interaction Therapy and a trainer/consultant for PracticeWise. Additionally, Dr. Fernandez Lopez is one of the developers of Cognitive Behavioral Therapy for Nightmares in Children.



Kelly Chrestman, Ph.D., is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology. She provides training, support and consultation in Cognitive Behavioral Therapy and in the Assessment and Treatment of PTSD.

She works with the team at CDP to find new and better ways to link clinicians with both traditional and innovative resources that will help them implement EBPs more effectively. This includes leveraging computer technology and virtual assets to reach professionals that might otherwise have difficulty accessing high quality training and consultation.

Before coming to CDP, she trained at the National Center for PTSD in Boston, and at the University of Pennsylvania with Dr. Edna Foa. She is a Subject Matter Expert in Prolonged Exposure Therapy for PTSD and has trained numerous students and mental health professionals across the world in techniques for treating PTSD and other anxiety disorders. She also spent several years working closely with Native American Tribes where she focused on adapting evidence -based practice to better meet the needs of traditional Native communities.

She is co-author of the Adolescent PE Manual, *Prolonged Exposure Therapy for Adolescents with PTSD*, and has written about community and professional responses to trauma, particularly domestic violence and sexual assault. She is also a co-developer of the Virtual PTSD Learning Center and Operation Avatar, a game based educational experience about trauma and combat-related PTSD, both hosted in the Second Life Virtual World platform.

**There is no commercial support or conflict of interest to report for this presenter.



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 1.5 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. If you do not wish to complete the evaluation, please contact the training event's POC after the training event. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Jeremy Karp at jeremy.karp.ctr@usuhs.edu.

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