

The Family Mission: Prioritizing Spousal Mental Health for Stronger Military Communities

April 15th, 2026

A Live, Interactive Webinar

Description: In this 90-minute webinar, participants will learn how to assess the well-being of military spouses using a strengths-based ecological framework to inform treatment planning and referral decisions. The presenters will describe a wide range of mental health concerns commonly experienced by military spouses and discuss how these concerns intersect with the unique contextual factors of military lifestyle. In addition, the presenters will highlight relevant research demonstrating the connections among parental mental health, the parent–child relationship, and child well-being outcomes. Participants will be introduced to an ecological approach for evaluating the mental health and well-being of military spouses, illustrating how this framework can guide the selection of appropriate interventions or referral resources within the military community. By the end of the session, participants will understand how supporting spousal mental health contributes to improved family well-being and enhances service member readiness.

Total CE Credits: 1.5

Total Contact Hours: 1.5

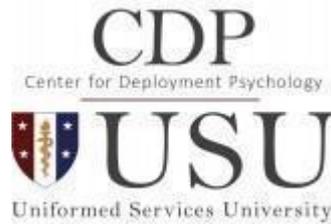
Learning Objectives:

Following the training, attendees will be able to:

1. Apprise potential benefits of attending to spousal mental health as a mechanism to improve military family well-being and enhance service member readiness.
2. Apply an ecological framework to address the vulnerabilities of military spouses to identify appropriate intervention or referral options.

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

Instructional Content Level: Introductory



Agenda:

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

Continuing Education:

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 via CE Management system CE21 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, 2025-May 19, 2028. Social workers completing this course receive 1.5 Live, Interactive Webinar continuing education credits.

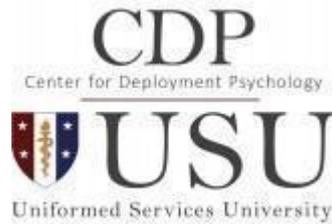
New York State Education Department's State Board for Psychology Provider Approval:

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: 04/15/2026

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

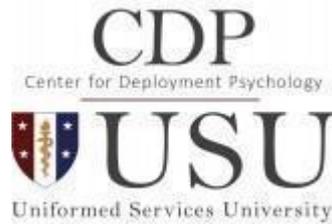
Special Accommodations: If you require special accommodations due to a disability, please contact Jeremy Karp at jeremy.karp.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

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, via email at amanda.stanley.ctr@usuhs.edu

Instructor Biographies:

Elizabeth A Prosek, PhD, LPC, NCC

Elizabeth Prosek serves as the Professor-in-Charge of Counselor Education at The Pennsylvania State University. Elizabeth Burgin is a Military Behavioral Health Child Counselor with the Military Child & Family Collaboratory. Together, their research partnership centers on advancing the well-being of military spouses, children, and families, with the shared goal of strengthening overall force health and readiness.



Elizabeth E Burgin, PhD, NCC, LPC-S, RPT

Elizabeth Burgin is a Licensed Professional Counselor serving as a Military Behavioral Health Child Counselor at the Center for Deployment Psychology (CDP) at the Uniformed Services University for the Health Sciences in Bethesda, Maryland. In this role, she supports the DoD Child Collaboration Study to identify best practices for enhancing and expanding accessibility to care for military-connected children and adolescents. Dr. Burgin completed her doctoral degree in counseling at the University of North Texas and her master's in clinical mental health counseling at the University of Colorado Colorado Springs. She earned her bachelor's degree from Marist College.

Prior to joining CDP, Dr. Burgin served as an Assistant Professor of Counseling, leading the Military & Veterans Counseling Program at William & Mary. Dr. Burgin's research has focused on evidence-based practices for military populations across the lifespan, including moral injury, adverse childhood experiences, and bereavement. Dr. Burgin has also worked across diverse clinical settings, including university counseling, home-based and community agency, and public-school settings. She has counseled individuals with addictions, serious and persistent mental health concerns, adults and children within the military community, and in foster and adoption systems of care. Dr. Burgin is a Certified Child-Centered Play Therapy Supervisor and is trained in Child-Parent Relationship Therapy, Internal Family Systems, and EMDR.

As a military spouse and mental health practitioner, Dr. Burgin experiences military life and navigates military systems of care daily, informing her work at CDP.

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