



# **Cognitive Behavioral Therapy for Depression: Working with Service Members and Veterans**

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This intensive 2-day workshop provides training in the fundamentals of Cognitive Behavioral Therapy for Depression for behavioral health providers working with Service members. The workshop will begin with a discussion of depression in the military, followed by a summary of the theory underlying cognitive behavioral therapy. Participants will then learn how to conceptualize depressed patients according to this model, plan treatment, and utilize both cognitive and behavioral strategies. Participants will have the opportunity to watch video examples and practice intervention strategies through their own role plays. Participants must attend both days. There is a 30-day post-training time period to complete CE requirements.

**Target Audience:** For behavioral health providers who treat military personnel, veterans, and their families. Specifically, this workshop is for Active Duty, GS-DoD, and contractor-DoD behavioral health providers who provide psychotherapy to Service members at a military facility. Nurses and nurse practitioners are also welcome as long as they meet those requirements.

**Instructional Level:** Intermediate

## **Learning Objectives:**

Attendees will be able to:

1. Evaluate the prevalence rates of depression in the military.
2. Distinguish treatment considerations specific to a military population when utilizing Cognitive Behavioral Therapy for Depression (CBT-D).
3. Apply four central principles of cognitive behavioral therapy when working with patients presenting with depression.
4. Differentiate between the three levels of cognition (automatic thoughts, underlying assumptions, and core beliefs).
5. Categorize the three types of thought that make up the “negative cognitive triad” thinking style that characterizes depression.
6. Develop an individualized case conceptualization for patients based on the cognitive behavioral model.
7. Design a full course (schedule) of treatment for a CBT-D patient based on the phase-driven treatment approach.
8. Use information from self-report measures and clinical interviews to aid in diagnosing depression.
9. Organize the components of a CBT-D therapy session into a standard framework.
10. Use behavioral strategies from CBT-D to modify unhelpful behavioral patterns in Service members.
11. Utilize cognitive strategies from CBT-D to modify unhelpful cognitions in Service members.
12. Differentiate between cognitive distortions common in military personnel vs. civilian populations.
13. Apply the Socratic Method to guide discovery in CBT.
14. Demonstrate ability and confidence to utilize CBT skills with depressed Service members through role-play activities.



## Agenda

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### DAY 1

8:00	Course Intro Depression in the Military Roots of CBT-D CBT Approach to Therapy
9:30-9:45	<b>BREAK</b>
9:45	Cognitive Theory & the Military Mindset CBT Theories of Depression CBT Case Conceptualization
11:45-12:45	<b>LUNCH</b>
12:45	CBT Case Conceptualization ( <i>continued</i> ) Elements of CBT
2:30-2:45	<b>BREAK</b>
2:45	Course of CBT-D Initial Phase of Treatment Clinical Assessment CBT-D Session Structure
4:30	End of Day 1

### DAY 2

8:00	Review of Day 1 Behavioral Activation Activity Monitoring/Scheduling
9:30-9:45	<b>BREAK</b>
9:45	Additional Behavioral Strategies Rating Emotions Identifying ATs Thought Records
11:30-12:30	<b>LUNCH</b>
12:30	Evaluating Automatic Thoughts Socratic Dialogue
2:15-2:30	<b>BREAK</b>
2:30	Cognitive Strategies for Underlying Assumptions Cognitive Strategies for Core Beliefs Problem-Solving Strategies Later Phase of Treatment
4:30	End of Day 2



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## Location Information

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**Address:**

Via Zoom webinar for Fort Huachuca, AZ

**Date:**

14-15 June 2021 from 0800-1630 Mountain time

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## Participate

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**Registration Information:**

This workshop is for Active Duty, GS-DoD, and contractor-DoD behavioral health providers who provide psychotherapy to Service members at a military facility. Nurses and nurse practitioners are also welcome as long as they meet those requirements. Non-DoD seats will not be available for this training. For registration and logistics, please contact Dr. Karlaye Rafindadi at [karlaye.rafindadi.civ@mail.mil](mailto:karlaye.rafindadi.civ@mail.mil).

**Cost/Refunds:** Free

**Special Accommodations:**

If you require special accommodations due to a disability, please contact Ms. Kris Hannah at [kristin.hannah.ctr@usuhs.edu](mailto:kristin.hannah.ctr@usuhs.edu) at least 3 weeks prior to the training so that we may provide you with appropriate service.

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## Presenters

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**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.



**Jeffrey Mann, Psy.D.**, is a Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) with the Uniformed Services University of the Health Sciences. Dr. Mann provides support Navy mental health training programs and 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 School of Professional Psychology, 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.

## Continuing Education

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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 Ms. Kris Hannah at [kristin.hannah.ctr@usuhs.edu](mailto:kristin.hannah.ctr@usuhs.edu).

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