



Cognitive Behavioral Therapy for Suicide Prevention (CBT-SP)

7-8 April 2022

Madigan AMC, WA

Description:

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. There is a 30-day post-training time period to complete CE requirements.

Total CE Credits: 14

Learning Objectives:

Following the training, attendees 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. Apply at least one psychological theory of suicide to the process of clinical assessment and treatment planning.
4. Integrate suicide risk and protective factors unique to military populations into overall risk assessment for suicide.
5. Develop a safety plan in collaboration with a patient.
6. Use means safety counseling in patient interactions to improve clinical outcomes.



7. Create a timeline of a patient's suicidal crisis for use in treatment.
8. Evaluate key negative thoughts associated with the intent to die by suicide as related to clinical practice.
9. Apply CBT formulation of suicide using the expanded case conceptualization model of the suicidal crisis.
10. Use cognitive, behavioral, and affective coping strategies associated with CBT-SP to help patients cope with suicide urges.
11. Modify standard behavioral activation practices to be applied within the CBT-SP protocol.
12. Use the guided imagery exercise as part of the relapse prevention protocol for CBT-SP.

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 conventional psychotherapy to Service members at a military facility (working directly for the military and having a .mil email address, or one pending). Nurses and nurse practitioners are also welcome as long as they meet these requirements.

Instructional Content Level: Intermediate

Agenda:

Day One

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| 1000 – 1015 | Course Introduction |
| 1015 – 1030 | Epidemiology of Suicide |
| 1030 – 1110 | Nomenclature |
| 1110 – 1140 | Risk and Protective Factors |
| 1140 – 1155 | Theoretical Underpinnings: Interpersonal Psychological Theory of Suicide Risk – Dr. Thomas Joiner |
| 1155 – 1210 | Theoretical Underpinnings: Three-Step Theory of Suicide – Drs. David Klonsky and Alexis May |
| 1210 – 1225 | Break |
| 1225 – 1245 | Cognitive Therapy for Suicide Prevention – Empirical support for CBT |
| 1245 – 1330 | Intro to Cognitive Therapy for Suicide Prevention
Theory of CBT
Structure of treatment
Session structure |



- 1330 – 1400 CBT for Suicide Prevention, Early Phase of Treatment – Overview
- 1400 – 1500 Lunch
- 1500 – 1525 Fluid Vulnerability Theory
- 1525 – 1655 CBT for Suicide Prevention, Early Phase of Treatment –
Conducting a suicide risk assessment
Suicide risk continuum
Suicide risk assessment role play
- 1655 – 1710 Break
- 1710 – 1740 Narrative Description
- 1740 – 1815 Constructing a Timeline
- 1815 – 1830 Questions and Wrap-up
- 1830 Adjourn

Day Two

- 1000 – 1010 Check-In and Review of Day 1
- 1010 – 1110 Crisis Intervention
Safety planning
Crisis response plan
Hope Box
- 1110 – 1210 Means Safety Counseling
- 1210 – 1225 Break
- 1225 – 1300 Means Safety Counseling Role Play
- 1300 – 1345 Treatment Planning and Cognitive Case Conceptualization
- 1345 – 1445 Lunch
- 1445 – 1625 Intermediate Phase of Treatment
Behavioral strategies Coping
strategies
Cognitive strategies
- 1625 – 1640 Break



- 1640 – 1820 Later Phase of Treatment –
Review and consolidation of skills Relapse prevention
Review of goals and treatment planning
- 1820 – 1830 Questions
- 1830 Adjourn

Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken manually through the use of sign in/sign out sheets, and a post-training evaluation form must be completed in order to receive social work CE credits. For psychology CE credits, completion of the evaluation is strongly encouraged. If you do not wish to complete the evaluation but desire to receive psychology CEs please contact the POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. Evaluations will be handed out to all completers immediately after the training, and CE Credit Certificates will be handed out once full participation has been verified.

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, 2021 – May 19, 2022. Social workers completing this course receive 14 In-Person Event continuing education credits.

Inquiries regarding CE credits may be directed via email to Ms. Kris Hannah at kristin.hannah.ctr@usuhs.edu.

Participate:

Date: 7-8 April 2022

Time: 8:00 AM – 4:30 PM Pacific

Registration: MAJ Thomas Patterson at thomas.j.patterson75.mil@mail.mil, or his designee.

Registration Deadline: Approximately 15 March 2022. Walk-ins will be allowed if extra space is available



and providers meet all requirements for eligibility listed on page two of this advertisement.

Cancellations/Questions: Please contact MAJ Thomas Patterson at thomas.j.patterson75.mil@mail.mil (or his designee) if you have any questions or need to cancel your registration.

** Please note that a final decision will be made in February 2022 about whether this training can be held safely in-person. If not, it will be converted into a Zoom webinar for the same dates/times, and more information will be sent out regarding that change.

Registration Cost/Refunds: Free.

Required Materials: N/A

Location Information: Madigan AMC, WA (specific location TBA)

Please arrive 30 minutes prior to the beginning of the training to complete all sign-in documents, and plan to stay about 10-15 minutes extra afterward to fill out the evaluation, have full participation verified, and receive CEs.

Instructional Format: Live, in-person

Special Accommodations: If you require special accommodations due to a disability, please contact Kris Hannah at kristin.hannah.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 Milochik, via email at Amanda.milochik.ctr@usuhs.edu.

Instructor Biography:

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.