



## TRICARE Provider Readiness Designation (TPRD) Training

28-29 January 2026

A Live, Interactive Webinar

### Description:

#### **TRICARE Provider Readiness Designation Trainings**

The National Defense Authorization Act (NDAA) for Fiscal Year (FY) 2016 required the development of a system where non-DoD (TRICARE) mental health care providers who meet eligibility criteria established by the Secretary of Defense, could receive a mental health Provider Readiness Designation. These providers would then be specifically highlighted in the TRICARE directory as having earned this designation.

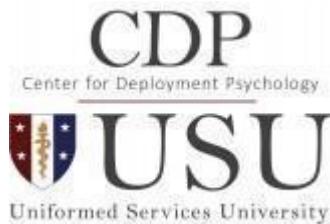
As behavioral health providers who work with military service members, we hear the term 'readiness' often and may wonder what it means and how it could impact our work with our military clients. Generally speaking, readiness refers to the military's capability to do its job, whether that's during training, combat operations, or humanitarian missions. In order to ensure that the military can meet its missions, commanders need to know if their service members are able to deploy or work in an austere environment for an extended period of time.

To receive this designation, providers must demonstrate knowledge related to military culture and evidence-based treatments that have been approved by the Department of Defense for the treatment of mental health issues among members of the Armed Forces. This is demonstrated by completing the package of courses listed on this document which have been developed by the Center for Deployment Psychology and approved by the Government.

The six (6) courses are:

#### **Assessing Military Clients for Trauma and Post-Traumatic Stress Disorder**

This workshop will review a method for screening, assessing, and treatment outcome monitoring of Posttraumatic Stress Disorder (PTSD) centered on the use of the PTSD Checklist for DSM-5 (PCL-5). Participants will be introduced to VA/DOD best practices for diagnosing military-related PTSD including screening for trauma-related disorders, obtaining thorough military and trauma histories, conducting a semi-structured diagnostic interview, and using self-report measures to track treatment outcome. DSM-5 diagnostic criteria for PTSD as well as Other Unspecified Specified Trauma and/or Stressor-Related Disorders are reviewed. Tools for assessing PTSD and common comorbid conditions are discussed including appropriate use of the PCL-5, Life Events Checklist for DSM-5 (LEC-5), Patient Health Questionnaire-9 (PHQ-9), and Alcohol Use Disorders Identification Test-Consumption Questions (AUDIT-C). Semi-structured clinical interviewing techniques are reviewed as they relate to screening, diagnostic assessment, and tracking treatment outcomes. Unique variables that can impact the assessment and feedback process with a military population are identified.



### **Ethical Considerations for Working with Military Members and Veterans**

Civilian behavioral health providers working with military service members and veterans often face ethical challenges unique to this population. Ethical practice is contingent on effective application of personal and cultural morals, as well as on following professional regulations and expectations. Information about informed consent, boundaries of cultural and clinical competence, disposition-driven diagnoses, multiple relationships, and professional fitness are all presented in the context of work with military-connected clients. Decision-making models are included to address ethical dilemmas, with specific presentation of the role of dual relationships within a clinical framework.

### **Military Culture: Enhancing Clinical Competence**

This training is designed for civilian behavioral health providers who want to develop a better understanding about military culture so they can more effectively engage with Service members in their clinical work. The training presents information about who comprises the armed forces as well as basics about organizational structure, branches of service, core values, military missions and operations, as well as the differences between the active and reserve components.

### **Addressing Suicide with Military-Connected Patients**

This training provides a general overview of suicide prevention with military-connected clients. It begins with a comparison of suicide rates for military and civilian populations. Next, it explores myths about suicide and stigma within the military that can result from those myths. Finally, crisis intervention skills are addressed including a review of the steps for safety planning and lethal means safety counseling. The training ends with a review of suggested resources and next steps for additional learning.

### **An Overview of Sleep Disorders Common in Military Members**

In this training participants will gain an understanding of common sleep disorders and sleep-related problems for military members. The presentation focuses on providing strategies to enhance the ability of mental health providers to assess, refer, and identify evidence-based treatments for the top two sleep disorders in military populations.

### **The Use of Screening Tools**

This is an intermediate training that provides behavioral health providers with a general overview regarding the use of screening tools that are utilized with military populations. It starts with reviewing the benefits of utilizing screening tools and exploring limitations. Next, the training reviews specific screening tools for common mental health problems to review their rationale, interpretation, and how to apply those results to clinical decision making. The training includes multiple case examples to apply information about screening tools, as well as discussions on additional considerations such as liability concerns and data storage. This training focuses on utilizing empirically supported screening tools and how to incorporate those results into clinical decision making that have credible empirical support in the literature (i.e., Barry et al., 2023; Duffy et al., 2023; VA/DoD , 2023, 2024, 2025).

Total CE Credits: 14

Total Contact Hours: 14

### **Learning Objectives:**

Following the training, attendees will be able to:

### **Assessing Military Clients for Trauma and Post-Traumatic Stress Disorder**



1. Apply the VA/DOD Guidelines for the Assessment of Trauma and PTSD.
2. Discriminate between symptoms of PTSD and other disorders based on the DSM-5.
3. Integrate appropriate measures into the screening, diagnostic assessment, and tracking of treatment outcomes in PTSD patients.

#### **Ethics for Mixed Audiences**

1. Evaluate the definition of ethics and how it relates to the role of the mental health provider.
2. Analyze five (5) ethical challenges common to mental health providers working with the military population.
3. Use Gottlieb's model to avoid dual relationships.
4. Apply knowledge of the ethical decision-making process to military case examples.

#### **Military Culture: Enhancing Clinical Competence**

1. Evaluate the structure and major components of the United States military.
2. Analyze common characteristics of the military population and how they compare to the general population.
3. Demonstrate the importance of a distinct culture to the military.
4. Appraise elements of the military experience and lifestyle that are integral to military culture.

#### **Addressing Suicide with Military-Connected Patients**

1. Develop a safety plan for suicide with patients using the seven-step process
2. Apply the principles of lethal means safety counseling when working with patients at risk for suicide

#### **An Overview of Sleep Disorders Common in Military Members**

1. Integrate appropriate screening measures into the assessment of Insomnia and Obstructive Sleep Apnea
2. Distinguish between patients who do and do not require a referral to a primary care doctor and/or sleep specialist for sleep concerns

#### **The Use of Screening Tools**

1. Assess the benefits and limitations of screening tools
2. Distinguish appropriate response options based on screening tool results
3. Demonstrate appropriate understanding of approved screening tools through responses to different case scenarios

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

**Instructional Content Level:** Intermediate

#### **Agenda:**

##### **Day 1**

0900 START  
Mil Cul 2.5 hrs  
15 min break  
Sleep D/O 1.25 hrs

##### **LUNCH**

1pm Eastern



Ethics (mixed audiences) 3.5 hrs

1730 Eastern: END

#### **Day 2**

0900 Start

Screening 2hrs

PTSD Assessment pt 1 - 2 hours

#### **LUNCH**

PTSD Assessment pt 2 - 2 hours

1:00 PM Eastern

Suicide 1.25 hrs

1730 Eastern: END

#### **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 delivered via 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 14 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 Aric Bowie at [aric.bowie.ctr@usuhs.edu](mailto:aric.bowie.ctr@usuhs.edu).

#### **Participate:**

Online Platform: Zoom



**Date:** 28-29 January 2026

**Time:**

9:00 am – 5:30 pm Eastern (Both days)

Registration Information: <https://deploymentpsych.org/training>

Registration Deadline: Registration will close one week prior to the class start date, or when the course is full.

**Cancellations/Questions:** Please contact Aric Bowie at [aric.bowie.ctr@usuhs.edu](mailto:aric.bowie.ctr@usuhs.edu) if you have any questions or need to cancel your registration.

**Registration Cost/Refunds:** This training is free.

Required Materials: None

There are no required materials for this training.

Location Information: Zoom

**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 Aric Bowie at [aric.bowie.ctr@usuhs.edu](mailto:aric.bowie.ctr@usuhs.edu) 4 weeks prior to the training so that we may provide you with appropriate service.

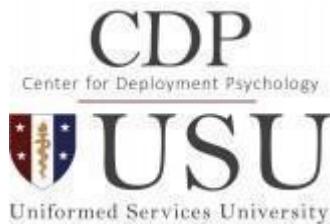
Grievances: For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Stanley-Hulsey, via email at [amanda.stanley-hulsey.ctr@usuhs.edu](mailto:amanda.stanley-hulsey.ctr@usuhs.edu).

**Instructor Biographies:**

**Jenna Ermold, Ph.D.** is a clinical psychologist and the Associate Director of Online Training, Technology, and Telehealth at the Center for Deployment Psychology (CDP), Uniformed Services University. In this role, she leads the design and delivery of online and in-person trainings that strengthen behavioral health clinicians' competence in working with service members and their families.

Dr. Ermold is the lead for CDP's monthly webinar series, CDP Presents, and co-hosts the Practical for Your Practice podcast. She regularly presents on various deployment-related behavioral health topics including military culture, and evidence-based treatments for PTSD.

A graduate of the Malcolm Grow (USAF) Medical Center Psychology Residency Program, Dr. Ermold served on active duty as a psychologist in the United States Air Force. She earned her B.A. in psychology and English from Middlebury College and her Ph.D. in clinical psychology from the University of Vermont.



Her specialties include military psychology, health psychology, behavioral health integration into primary care, post-traumatic stress disorder, and prolonged exposure therapy.

**Kathryn E Monsey, LCSW, LCDC** is a Military Behavioral Health Social Worker for the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She assists in the implementation and expansion of the Star Behavioral Health Providers Program (SBHP). SBHP trains civilian behavioral health providers to work with service members, veterans, and their families. The mission is to expand the availability of high-quality behavioral health services, especially for those in the National Guard and Reserve Component.

Kathryn holds over ten years of experience providing clinical services treating PTSD and substance use disorders within civilian, military and veteran populations. She has worked in inpatient, outpatient and residential treatment settings, including clinical research settings at the University of Indiana Bio Behavioral Alcohol Research Laboratory and University of Hawaii MRI/Neurology research program. Kathryn went on to work in the SATP program at the Veterans Administration in Washington State and subsequently as a Behavioral Health Provider for the Army. Kathryn worked as an embedded behavioral health provider at Ft. Hood, 1st Cavalry Division (Infantry) in 2018 as a Substance Use Disorder Clinical Care (SUDCC) provider and subsequently at USAG Wiesbaden (Germany) for 66th MI (Military Intelligence) and USAG Miami Health Clinic, providing co-occurring treatment for PTSD and substance use disorders.

Kathryn received her Bachelor of Arts in Psychological and Brain Sciences from Indiana University in 2011 and her Master of Social Work from University of Southern California, with a specialization on Military and Veteran Populations (MVP) in 2015. Kathryn further went on to specialize in PTSD and Substance Use disorders working in clinical and translational research through her bachelors and masters programs. She later received post graduate training in EMDR and trauma narrative therapies in addition to specialization licensure to treat substance use disorders. Kathryn has focused on addressing the unique needs of service members and veterans using evidence-based approaches, fitness for duty evaluations and harm reduction and abstinence based treatment models.

**Allison Hannah, MSW, LCSW** is a Military Behavioral Health Social Worker for the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She assists in the implementation and expansion of Star Behavioral Health Providers (SBHP). SBHP trains civilian behavioral health providers to work with service members, veterans, and their families. The mission is to expand the availability of high-quality behavioral health services, especially for those in the reserve components.

Allison is a Veteran of the United States Army and United States Army Reserves. During Allison's time in the military from 2003 through 2016, she served in various occupation specialties as a bridgecrew member, chaplain assistant, and most recently as a Human Resources Officer. While serving in the active duty component, Allison deployed to Iraq in support of Operation Iraqi Freedom 09-11. She also held additional duties during her tenure training service members in suicide prevention and as a victim advocate with the Sexual Harassment and Assault Response and Prevention (SHARP) program.

Allison received her Bachelor of Social Work from University of St. Thomas in St. Paul, MN in 2007 and her Master of Social Work from Loyola University Chicago in 2015. Allison is currently pursuing her Doctor of Social Work from the University of St. Thomas in St. Paul, MN.



Allison's previous clinical work includes positions in community mental health, the Iowa City Health Care System in the Homeless Veteran Program and with the Defense Health Agency within the Child and Family Behavioral Health Services section at an active-duty Army base. Allison is trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and is a Registered Play Therapist <sup>TM</sup> specializing in using evidence-based approaches to address trauma, adjustment and attachment related disorders.

**Timothy Rogers, PhD.**, is currently employed by the Henry Jackson Foundation as an Associate Director at the Uniformed Services University of Health Sciences Center for Deployment Psychology. He is responsible for managing the development, delivery, and evaluation of a range of clinical training and research programs and serves as a subject matter expert/trainer on evidence-based psychotherapies for Posttraumatic Stress Disorder and Insomnia.

Dr. Rogers received his Ph.D. in 2009 in Counseling Psychology at the University of Akron. He completed his Clinical Psychology Residency at Wilford Hall Medical Center and served over six years as an active-duty Air Force psychologist and deployed in support of Operation Enduring Freedom. Dr. Rogers also served for six years as the Associate Program Director for the USAF Clinical Psychology Internship at Wilford Hall in San Antonio Texas. Research interests include help-seeking behaviors, PTSD and insomnia treatment, dissemination and implementation of evidence based treatments, and training in health service psychology. Dr. Rogers currently serves as an APA accreditation site visitor team chair for psychology internships.

**Kelly Chrestman, Ph.D.**, is a clinical psychologist with over 30 years of experience specializing in evidence-based treatments for trauma and stress-related conditions. As a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology, she provides consultation and training both domestically and internationally, concentrating on stress and trauma, Cognitive Behavioral Therapy (CBT), and Prolonged Exposure Therapy.

She is co-author of Prolonged Exposure for Adolescents with PTSD and co-developed the PTSD Learning Center and Operation AVATAR, an immersive learning platform hosted in Second Life. Her work merges rigorous scientific research with culturally informed practices, aiming to translate psychological principles into practical, actionable, and accessible tools for practitioners.

**Debra Nofziger, Psy.D.**, is a Senior Military Behavioral Health Psychologist and Cognitive Processing Therapy Trainer with the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She develops, maintains, and conducts virtual and in-person training related to military deployments, culture, posttraumatic stress, and other psychological and medical conditions Service members and Veterans experience. She also supports research and other CDP programs aimed at enhancing military behavioral science and supporting providers. From 2007 to mid-2020, Dr. Nofziger served as the CDP Military Internship Behavioral Health Psychologist at Brooke Army Medical Center (BAMC) in San Antonio, TX. She assisted with managing multiple behavioral health training programs, including the Clinical Psychology Internship Program, Psychology Residency, Social Work Internship Program, and multiple post-doctoral psychology fellowships.

Dr. Nofziger was an active duty Army psychologist with assignments at BAMC and the U.S. Army School of Aviation Medicine. She was also deployed for a year to Iraq as a Brigade Psychologist with the 4th Infantry Division. Her variety of Active Duty assignments included positions as a staff psychologist in medical settings, at a community behavioral health clinic for soldiers in training, and in an aviation school environment where she was the training director for the Army's Aeromedical Psychology Training Course.

Dr. Nofziger earned her masters and doctorate degrees from Forest Institute of Professional Psychology in Springfield, Missouri. Her interests continue to be providing support to Service members, Veterans and their



families through the training of military and civilian medical and behavioral health providers. Her particular interest areas are in the treatment of trauma and moral injury.

**\*\*There is no commercial support or conflict of interest to report for these presenters.**