



Cognitive Behavioral Therapy for Suicide Prevention

2-3 August 2022

A Live, Interactive Webinar

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 through the use of electronic logs, 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. CE Credit Certificates will be emailed to all completers of the training 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, 2022 – May 19, 2025. Social workers completing this course receive 14 Live, Interactive Webinar continuing education credits.

Inquiries regarding CE credits may be directed via email to Katie Medina at katie.medina.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: 2-3 August 2022

Time: 10:00 am – 6:30 pm Eastern

Registration Information: <https://spviazoomaug2022genmil.eventbrite.com>

Registration Deadline: 12 July 2022, or when registration has filled

Cancellations/Questions: Please contact katie.medina.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Registration Cost/Refunds: Free.

Required Materials: None.

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 Ms. Katie Medina at katie.medina.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 Biographies:

Marjorie Weinstock, Ph.D., is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She joined the CDP in 2009 as a Deployment Behavioral Health Psychologist at the Naval Medical Center San Diego. Prior to joining the CDP, Dr. Weinstock spent three years working for the Navy's Fleet & Family Support Program, where she provided counseling services to military members and their families.

Dr. Weinstock is a graduate of Emory University and received her doctorate in Counseling Psychology from the University at Buffalo. She completed her internship at the Brockton, Massachusetts VA Medical Center and a two-year postdoctoral fellowship in clinical research and addictive disorders at the Brown University Training Consortium.

As the spouse of a recently retired Service member, Dr. Weinstock has a first-hand understanding of the demands of military service on the family. In her current role she is engaged in the development and presentation of trainings for behavioral health clinicians to improve their competency in working with both Service members and their families. Her professional interests include deployment-related mental health issues, cognitive behavioral therapy, suicide prevention, and the impact of military life on the family.

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.