

## **CDP Presents: Suddenly Telehealth: How to Implement EBP's Virtually with Fidelity and Effectiveness**

Due to the rapid spread of COVID-19, an unprecedented number of clinicians are scrambling to take their practice online. A particular concern for clinicians working with Service Members is adapting EBPs for telehealth. In this webinar, a panel of CDP faculty will provide practical advice for adapting EBPs for PTSD, depression, and insomnia for use in telehealth. Case examples will be discussed to highlight strategies for implementing EBPs with Service members and tracking treatment progress.

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

**Instructional Level:** Introductory

### **Learning Objectives:**

Attendees will be able to:

- Evaluate empirical support for the use of EBP's for PTSD, insomnia, and depression (e.g., PE, CBT-I, BBTI, CBT-D) via telehealth.
- Formulate any needed modifications to EBP protocols for use in telehealth platforms specifically during a pandemic.
- Appraise best practices in implementing EBP protocols on telehealth platforms with fidelity while remaining flexible.

### **Agenda for CDP Presents Webinar**

<b>Webinar room prep and Lobby time</b>	<b>11:30am - 12:00 PM</b>
<b>Welcome to CDPP and Speaker Intro</b>	<b>12:00pm - 12:05 PM</b>
<b>Speaker Presents</b>	<b>12:05pm - 1:25 PM</b>
<b>Question and Answer and Admin</b>	<b>1:25pm - 1:30PM</b>

## Location Information

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**Address:**

<https://deploymentpsych.ce21.com/item/cdp-presents-suddenly-telehealth-implementation-virtually-fidelity-effectiveness-57748>

May 14, 2020 12:00 PM - 1:30 PM Eastern time.

## Participate

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**Registration Information:**

**Participants can register via the link provided above, utilizing the CE21 system.**

**Cost/Refunds:** Zero cost, no refund policy

**Special Accommodations:**

If you require special accommodations due to a disability, please contact Micah Norgard at [mnorgard@deploymentpsych.org](mailto:mnorgard@deploymentpsych.org) 2 weeks prior to the training so that we may provide you with appropriate service.

## Presenter

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### **Kelly Chrestman, Ph.D.**

Kelly Chrestman, Ph.D., is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology. She provides training, support, and consultation in Cognitive Behavioral Therapy and in the Assessment and Treatment of PTSD.

She works with the team at CDP to find new and better ways to link clinicians with both traditional and innovative resources that will help them implement EBPs more effectively. This includes leveraging computer technology and virtual assets to reach professionals that might otherwise have difficulty accessing high quality training and consultation.

Before coming to CDP, she trained at the National Center for PTSD in Boston, and at the University of Pennsylvania with Dr. Edna Foa. She is a Subject Matter Expert in Prolonged Exposure Therapy for PTSD and has trained numerous students and mental health professionals across the world in techniques for treating PTSD and other anxiety disorders. She also spent several years working closely with Native American Tribes where she focused on adapting evidence -based practice to better meet the needs of traditional Native communities.

She is co-author of the Adolescent PE Manual, Prolonged Exposure Therapy for Adolescents with PTSD, and has written about community and professional responses to trauma, particularly domestic violence and sexual assault. She is also a co-developer of the Virtual PTSD Learning Center and Operation Avatar, a game based educational experience about trauma and combat-related PTSD, both hosted in the Second Life Virtual World platform.

### **Diana Dolan, Ph.D. CBSM**

Diana C. Dolan, Ph.D., CBSM, is a clinical psychologist serving as a Senior Military Behavioral Health Psychologist with the Center for Deployment Psychology 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, and provides consultation services.

Dr. Dolan graduated from the University of North Texas with a bachelor's degree in psychology and earned her doctorate in clinical health psychology and behavioral medicine from the University of North Texas. She completed a clinical psychology internship at Wilford Hall Ambulatory Surgical Center in San Antonio, Texas. Dr. Dolan is a veteran of the U.S. Air Force. As an active duty psychologist, she served as chief, Primary Care Psychology at Lackland AFB, Texas, overseeing integrated behavioral health services in primary care. She was also responsible for

overseeing the base post-deployment health reassessment program. Prior to her current position, she was a deployment behavioral health psychologist with CDP and the associate training director for the clinical psychology internship at Wilford Hall.

Dr. Dolan's professional interests include behavioral treatment of health conditions, in particular sleep disorders and within brief-natured primary care settings, clinical psychology training and program evaluation, and military psychology. She is certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine.

### **Jeffrey Mann, Psy.D.**

Jeffrey Mann, Psy.D., is a Senior Military Internship Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) with the Uniformed Services University of the Health Sciences and is located at Naval Medical Center San Diego. Dr. Mann 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.

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## **Continuing Education**

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 1.5 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. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to [mnorgard@deploymentpsych.org](mailto:mnorgard@deploymentpsych.org)

The CEs provided by the American Psychological Association are acceptable for most licensed professionals when renewing their license and it is our experience that APA CE credits have been recognized by most professional state license boards. However, please check with your board regarding the acceptability of APA CE credits for this activity.