

Cognitive Behavioral Therapy for Suicide Prevention (CBT-SP)

This intensive 2-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 a 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 towards an actively involved audience through discussion and in workshop activities. Participants must attend both days, as the course material is cumulative.

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. 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. Communicate several warning signs for suicide that inform decisions about clinical interventions.
4. Apply at least one psychological theory of suicide to the process of clinical assessment and treatment planning.

5. Incorporate suicide risk and protective factors unique to military populations into overall risk assessment for suicide.
6. Scrutinize unique challenges associated with suicide risk assessment and prediction in the clinical setting.
7. Assess risk for suicide in a manner that is sensitive to both proximal and distal risk factors.
8. Collaborate with a patient to complete a safety plan.
9. Use means safety counseling in patient interactions to improve clinical outcomes.
10. Create a timeline of a patient's suicidal crisis for use in treatment.
11. Evaluate key negative thoughts associated with the intent to die by suicide as related to clinical practice.
12. Apply CBT formulation of suicide using the expanded case conceptualization model of the suicidal crisis.
13. Implement cognitive, behavioral and affective coping strategies utilized in CBT-SP to help patients cope with suicide urges.
14. Characterize the modifications to standard behavioral activation when applied within the CBT-SP protocol.
15. Utilize the guided imagery exercise as part of the relapse prevention protocol for CBT-SP.

TWO-DAY TRAINING AGENDA

Day One

0700 – 0730	Check-In
0730 – 0745	Introduction & Course Overview
0745 – 0815	Epidemiology of Suicide
0815 – 0845	Nomenclature
0845 – 0915	Risk and Protective Factors
0915 – 0930	Co-Morbid Conditions
0930 – 0945	Break
0945 – 1010	Theoretical Underpinnings: Interpersonal Psychological Theory of Suicide Risk – Dr. Thomas Joiner
1010 – 1030	Theoretical Underpinnings: Three-Step Theory of Suicide – Drs. David Klonsky and Alexis May
1030 – 1100	The Case of Katrina
1100 – 1120	Cognitive Therapy for Suicide Prevention – Empirical Support for CBT
1120 – 1220	Lunch
1220 – 1300	Intro to Cognitive Therapy for Suicide Prevention Theory of CBT Structure of treatment Session structure
1300 – 1310	CBT for Suicide Prevention, Early Phase of Treatment – Overview
1310 – 1330	Fluid Vulnerability Theory
1330 – 1345	Break
1345 – 1525	CBT for Suicide Prevention, Early Phase of Treatment – Conducting a Suicide Risk Assessment Suicide Risk Assessment Role Play Suicide Risk Assessment Template Suicide Risk Continuum
1525 – 1555	Narrative Description
1555 – 1600	Questions and wrap-up
1600	Adjourn

Day Two

0700 – 0730	Check-In
0730 – 0800	Nomenclature Homework Review
0800 – 0845	Crisis Intervention Hospitalization Safety Planning Hope Box
0845 – 0945	Means Safety/Means Restriction Counseling
0945 – 1000	Break
1000 – 1030	Constructing a Timeline
1030 – 1115	Treatment Planning and Cognitive Case Conceptualization
1115 – 1215	Lunch
1215 – 1330	Intermediate Phase of Treatment Behavioral Strategies Coping Strategies
1330 – 1345	Break
1345 – 1445	Intermediate Phase of Treatment Continued Cognitive Strategies
1445 – 1545	Later Phase of Treatment – Review and Consolidation of Skills Relapse Prevention Review of Goals and Treatment Planning
1545 – 1600	Questions
1600	Adjourn

Location Information

Address:

Online via Zoom webinar for Ft. Wainwright, AK

Date:

11-12 May 2020 from 0730-1600 AKDT

Participate

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.

For registration and logistics, please contact Dr. Alisa Niehuser at Alisa.L.Niehuser.civ@mail.mil or (907) 384-0405.

Cost/Refunds: Free

Special Accommodations:

If you require special accommodations due to a disability, please contact Ms. Kris Hannah at khannah@deploymentpsych.org at least 6 weeks prior to the training so that we may provide you with appropriate service.

Presenters

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.

April Thompson, LCSW, is a clinical social worker currently working as a Military Behavioral Health Social Worker with the Center for Deployment Psychology (CDP) at the Uniformed Services University (USU) in Bethesda, Maryland. In this capacity, she is responsible for the development and delivery of both live and web-based trainings to military and civilian behavioral health providers on deployment-related topics.

Ms. Thompson received her Bachelor of Arts degree from Pepperdine University in Malibu, CA and her Master of Social Work degree from University of Pennsylvania.

For over 20 years, Ms. Thompson has primarily worked with military couples and families in a wide range of settings including on bases in Virginia, Florida, Hawaii and Japan. She has expertise in couples counseling addressing the stresses associated with military life as well as prevention and treatment of intimate partner violence and suicide. Prior to joining CDP, Ms. Thompson worked on a contract supervising the clinical care and training of counselors working on Navy bases throughout the United States.

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 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. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Ms. Kris Hannah at khannah@deploymentpsych.org.



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