

CDP



Uniformed  
Services  
University



2020 Annual Report

CENTER FOR  
DEPLOYMENT  
PSYCHOLOGY

# TABLE OF CONTENTS

1

Letter from the Director

2

About the Center for  
Deployment Psychology

3

2020 Training Numbers

4

COVID-19 Pandemic Efforts

5

Trinidad Behavioral Health Provider  
Training

Military Psychology Summit During  
COVID-19

6

Advanced Sleep Curriculum

Brief Behavioral Treatment  
of Insomnia

The Snoozeum

7

Pathways to Becoming a Military  
Psychologist (Summer Institute  
2020)

8

Star Behavioral Health Providers  
Expansion

Military Internship Support Team

9

Targeted Assessment and Clinic-  
Tailored Implementation of Change  
Strategies

Mobile Stress and Anger  
Management Tool

10

Partners

11

Presentations

13

Publications

# LETTER FROM THE DIRECTOR



Fifteen years ago, the Center for Deployment Psychology (CDP) was funded by Congress and given the mission to train active duty military psychologists and social workers to provide the highest quality behavioral healthcare possible to service members in a deployed setting and to effectively address the impact of war in garrison treatment settings. In the first full year of operation, CDP trained over 250 active duty and civilian DoD providers with \$3.4 million in funding. As you will see from this report, in 2020 with just over \$5 million in funding from the Uniformed Services University of the Health Sciences (USUHS), CDP directly trained over 9,000 behavioral health professionals and reached countless more providers through numerous presentations and publications focused on the recovery, resilience, and readiness of service members and veterans.

CDP programs have evolved significantly over the past fifteen years, just as the needs of the behavioral health providers working with our nation's service members and veterans have changed, but we have never wavered in our mission to develop and deliver the highest quality training and education. In order to more effectively and efficiently meet the needs of the newest behavioral health professionals entering active service, we transitioned one of our original core programs, the embedded Military Internship Behavioral Health Psychologists, to the Military Internship Support Team in order to have a broader impact on the training and readiness of military psychology and social work interns, externs, residents, post-docs and early career providers. In collaboration with the Defense Health Agency, we continued to deliver the Brief Behavioral Treatment of Insomnia training that has now reached 95 percent of embedded Behavioral Health Consultants in every service. We expanded our library of evidence-based psychotherapy workshops to now include two-day Acceptance and Commitment Therapy and Cognitive Behavioral Therapy for Chronic Pain workshops and will soon launch Motivational Interviewing and Eye-Movement Desensitization and Reprocessing workshops to fill gaps within the services. In conjunction with the National Guard Bureau and Purdue University's Military Family Research Institute, we brought eight more states into the Star Behavioral Health Providers program to increase training opportunities for civilian providers working with active duty, Guard and reserve service members.

Early recognition of the impact of the coronavirus on the delivery of behavioral healthcare, combined with our experience in online delivery of programming and patient care, allowed CDP to quickly develop a suite of tools and resources to ensure ongoing access to care for service members and veterans, especially those seeking care in the community. You will read more about our COVID-19 response and programs we developed and delivered during the pandemic, as well as the numerous ongoing programs at CDP, in this year's annual report.

CDP has one resource that will never change, the dedication of our staff and faculty. From 13 professionals in 2006 to over 40 employees today, everyone at CDP is committed to better behavioral healthcare access and quality for our service members, veterans and their families. I have never been more impressed with our team! We are proud to support the readiness of America's Warfighter and the health and well-being of the military community by providing the highest quality training and education for today's behavioral health professionals.

**William Brim, Psy.D.**

Director, Center for Deployment Psychology

# ABOUT THE CENTER FOR DEPLOYMENT PSYCHOLOGY

## Mission

The mission of CDP is to lead the development of a community of culturally mindful and clinically competent providers through the delivery of high-quality training and education, the convening of experts, and the dissemination of research-based treatment and the latest topics in military behavioral health.

## Vision

The vision of CDP is a future in which all service members, veterans, and their families receive quality behavioral healthcare that meets their unique needs.

## History

CDP is a tri-service consortium headquartered at USUHS in Bethesda, Maryland. Since 2006, CDP has remained an innovative education and training center, training thousands of behavioral healthcare professionals annually on topics, including military culture, evidence-based psychotherapies, suicide prevention and much more. CDP has developed a portfolio of professional education programs to train and educate behavioral healthcare providers in the unique needs and challenges of treating service members, veterans and their families. To date, CDP has trained over 75,000 professionals worldwide through over 100 training events annually.



## 2020 TRAINING NUMBERS



**9,000**

CDP trained over 9,000 civilian and DoD professionals to provide quality care for service members, veterans and their families.



**1,953**

Across all CDP programs, 1,953 providers were trained in evidence-based psychotherapies (EBPs).



**3,738**

3,738 participants attended "CDP Presents," a monthly live webinar series that covers various topics, including military-connected children, suicide prevention, positive psychology and much more.



**1,919**

1,919 participants attended Star Behavioral Health Providers tier trainings.



**956**

956 participants attended additional CDP training events focused on assessing post-traumatic stress disorder, working with military couples, and addressing student veterans on campus.

# COVID-19 PANDEMIC EFFORTS

## COVID-19 Behavioral Health Resources .....

The COVID-19 pandemic caused a shift in socio-economic norms for millions around the world this year. With growing threats of COVID-19, support for our service members, veterans and their families was critical in 2020, as they coped with both the virus and other military-related stressors. To assist with the impact of the pandemic on behavioral healthcare delivery, CDP developed multiple resources for providers and military-connected individuals, including resources on delivering services via telehealth, working with

healthcare providers and other frontline providers, and adjusting to full-time telework. In addition, CDP developed a Patients Forms webpage, which allows providers and patients who are engaged in telehealth sessions to access and utilize important outcome measures, handouts, and other forms typically used in therapy. These COVID-19 resource pages were viewed and accessed over 17,000 times from the time they were launched in March through the end of 2020.

## Training and Education During COVID-19 .....

CDP quickly and seamlessly transitioned dozens of in-person educational workshops to live online training events, including two-day evidence-based psychotherapy workshops that were especially popular due to COVID-19 restrictions. CDP was able to leverage our faculty's robust online training experience and knowledge of distance learning to ensure DoD stakeholders received critical, high-quality training, allowing them to better serve their military-connected patients. The online training included the addition of two new 90-minute training webinars: "Suddenly Telehealth" and "The Moral Cost of Responding to COVID-19: Identifying and Addressing Moral Injury in Healthcare Personnel and First Responders."

In 2020, CDP collaborated with Weill-Cornell Medical College, Columbia University, and the New York Presbyterian (NYP) hospital system to train providers on post-traumatic stress disorder (PTSD) to include PTSD assessment and treatment in order to strengthen their work with frontline medical workers and others impacted by the COVID-19 pandemic. Through a pair of two-hour sessions in August 2020, CDP provided a four-hour PTSD Assessment course to over 200 NYP Hospital system staffers. CDP also trained 70 NYP Hospital providers in evidence-based psychotherapy treatments for PTSD across two additional evidence-based psychotherapy workshops in December 2020 to close out this effort.

## Trinidad Behavioral Health Provider Training

In September 2020, CDP conducted several training workshops in Psychological First Aid for Trinidadian healthcare providers and Muslim counselors in support of the U.S. Embassy in Trinidad and as requested by U.S. Southern Command (SOUTHCOM). The training was developed from materials provided by the National Center for PTSD and was designed to educate providers and community counselors on various behavioral health topics relevant to individuals being repatriated from high conflict areas like Iraq and Syria during the rise of ISIS. The trained providers and healthcare workers will assist in the

reintegration of Trinidadian women and children, who may have experienced a high degree of trauma, loss, and displacement during their time in Syria. CDP's training effort not only supported the women and children returning to Trinidad, but also helped with ongoing U.S. diplomacy in the Western Hemisphere. These workshop requests were the first of its kind from SOUTHCOM and CDP anticipates requests for additional training to include assessment of PTSD and evidence-based psychotherapy workshops in treatments for PTSD as more individuals return to Trinidad.



## Military Psychology Summit During COVID-19

CDP, the Society for Military Psychology (Division 19, American Psychological Association), Catholic University of America, and the District of Columbia Psychological Association sponsored a three-day virtual summit during October 14-16. The summit brought together multiple Division 19 Think Tanks and subject matter experts who presented on topics relevant to military psychology, including academics

and training, forensics, coaching and leadership, diversity, ethics, international topics, moral injury, and suicide prevention. Attendees heard presentations and discussed advocacy and collaboration opportunities with numerous veterans groups and military service organizations. The summit allowed for large group presentations, breakout sessions, and included virtual poster sessions.

## Advanced Sleep Curriculum

In July 2020, CDP launched the first of its kind Advanced Sleep Curriculum, a training and consultation certificate program on sleep disorders in the military. The Advanced Sleep Curriculum is a distance-based multi-methodological training program in behavioral sleep medicine (BSM) interventions. It was designed to provide behavioral health providers with an intermediate level of knowledge and competence in working with military-connected patients with a variety of sleep disturbances, including insufficient sleep, insomnia, shift work, and delayed sleep phase disorders. A total of nine participants kicked off the program with a two-day foundational Cognitive Behavioral Therapy for Insomnia workshop. Participants also engaged in four months of consultation calls with CDP experts and completed synchronous and asynchronous components as part of the curriculum. In addition, three international sleep experts provided consultation on participant cases for the curriculum capstone event.

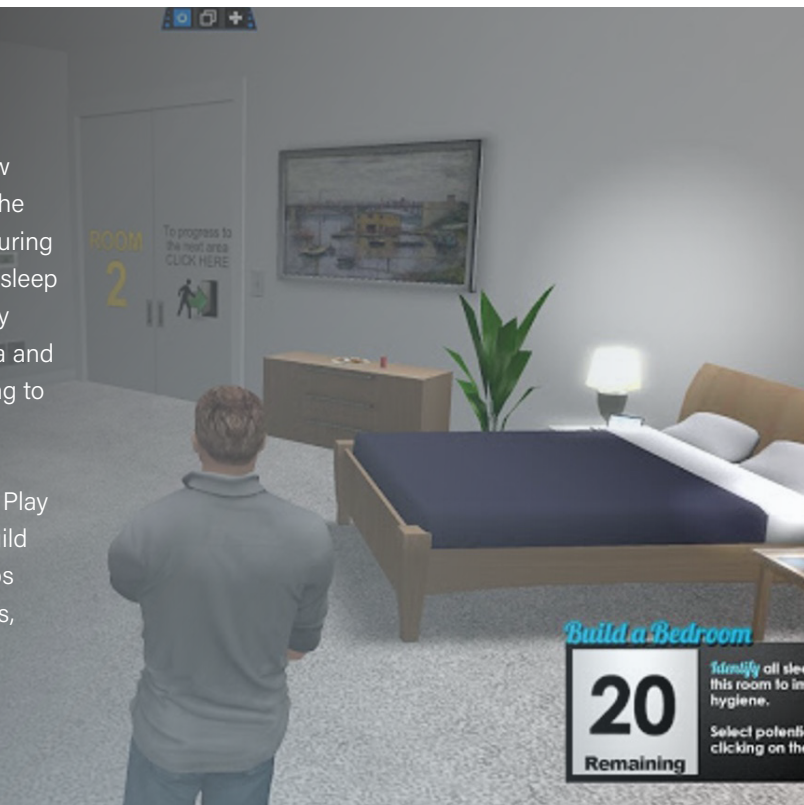
## Brief Behavioral Treatment of Insomnia

In 2020, CDP provided training and consultation in Brief Behavioral Treatment of Insomnia (BBTI) to Army, Navy, and Air Force Behavioral Health Consultants (BHCs) through a series of seven workshops and coordinated follow-up consultation sessions. With sleep disturbance being one of the most prevalent concerns of service members and veterans seen in primary care, CDP's BBTI training equips providers with training and education on the assessment and management of sleep. Upon completion, these BHCs become qualified to provide quality and accessible sleep-related care to service members and veterans. CDP trained 133 BHCs in collaboration with the Defense Health Agency.

## The Snoozeum

CDP piloted an innovative asynchronous component of the new Advanced Sleep Curriculum this year utilizing the Snoozeum. The Snoozeum is an interactive, virtual museum in Second Life featuring displays and activities related to sleep and deployment-related sleep disruption. It additionally serves as an adjunct to CDP's two-day training workshop in Cognitive Behavioral Therapy for Insomnia and is occasionally also a stand-alone experience for visitors wanting to learn more about sleep-related topics.

In June 2020, CDP was recognized by the International Serious Play Association with a bronze medal award for the Snoozeum's "Build a Bedroom" virtual learning experience. "Build a Bedroom" helps behavioral health providers learn relapse-prevention techniques, with a particular focus on sleep hygiene principles following successful treatment of deployment-related sleep disruption in service members and veterans.







## Pathways to Becoming a Military Psychologist (Summer Institute 2020)

CDP held the sixth iteration of its “Summer Institute: Preparing for a Psychology Career in the Military” during June 15-19. Forty-one students attended the five-day program aimed at clinical and counseling psychology doctoral students who are considering applying for a military psychology internship. For the first time since its inception in 2015, the Summer Institute was held virtually due to the COVID-19 pandemic. Students participated in daylong presentations and discussions via Zoom. Student feedback about the 2020 virtual course was extremely positive and comparable to the in-person courses.

Since the inception of the Summer Institute, the vast majority of its attendees, including those who participated virtually, have rated the program very highly and have expressed high levels of satisfaction and readiness to begin a military psychology career. Annual follow-up surveys have demonstrated that a substantial number of participants go on to DoD or VA clinical internships, fellowships, and careers. Ninety-three percent of survey respondents from the 2015 through 2019 cohorts reported matching to military-relevant psychology internship sites, suggesting that the program is achieving its goal to serve as a robust springboard to a military psychology career.

## Star Behavioral Health Providers Expansion .....

The Star Behavioral Health Providers (SBHP) Program is a clinician training and referral program available in select states and designed to increase access for service members, veterans, and their families to clinically competent and culturally aware behavioral health providers in their communities. Through continued collaboration with the Military Family Research Institute (MFRI) at Purdue University, CDP received additional funding this year from the National Guard Bureau to expand SBHP to additional states with an emphasis on the Midwest, Northeast, and Mid-Atlantic.

In total, SBHP is now active in 21 states: Connecticut, Georgia, Indiana, Kentucky, Maine, Maryland, Massachusetts, Michigan, New Hampshire, New Jersey, New Mexico, New York, North Carolina, Ohio, Oregon, Pennsylvania, Rhode Island, South Carolina, Vermont, Virginia, and West Virginia. Between

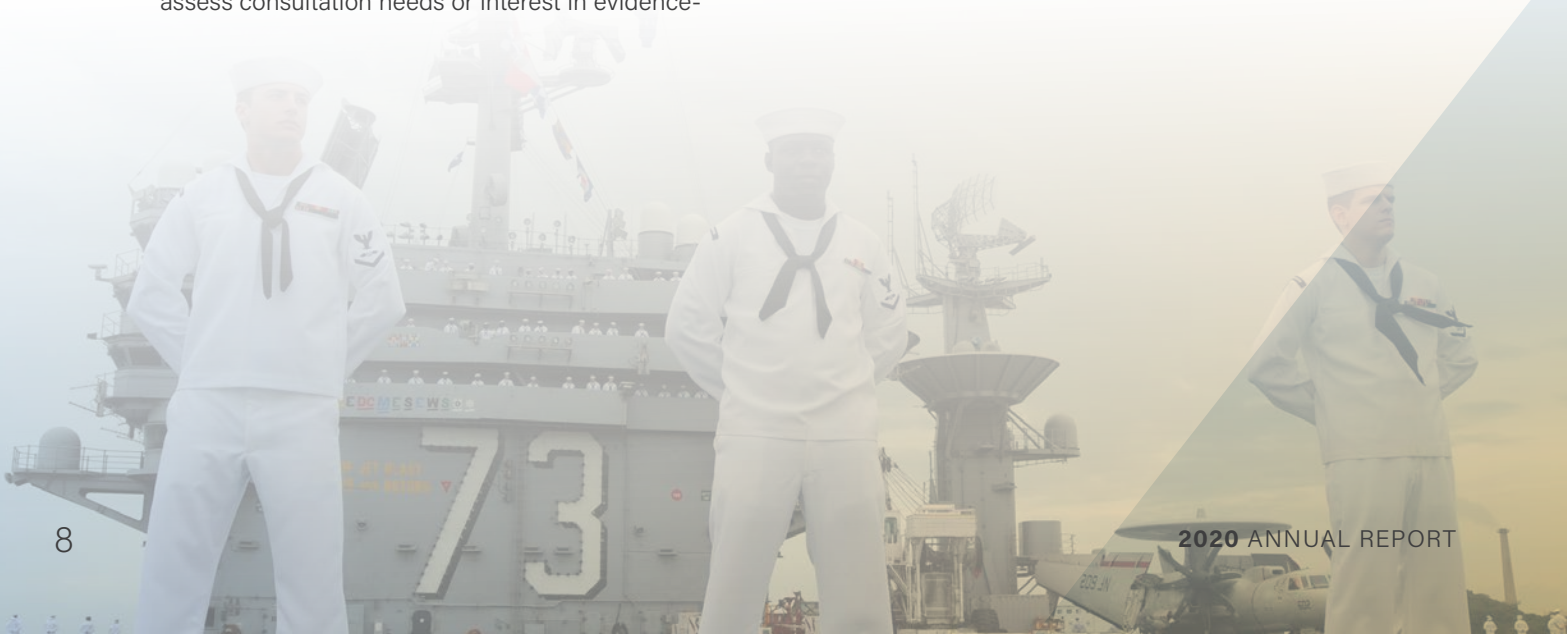
January and December 2020, CDP and its SBHP partners successfully offered 53 continuing education tier trainings to individuals in these states with the majority delivered as live webinars due to pandemic travel restrictions starting in March. There were more than 1,900 total attendees at these workshops, with especially high numbers at the online training events.

CDP collaborated with MFRI to deliver several SBHP training activities funded by the Department of Mental Health and Addiction (DMHA) in Indiana. This effort included developing and piloting a comprehensive one-day training session titled "Identification and Treatment of Opioid Use Disorder in Military-Connected Clients." Through this SBHP pilot, 168 individuals were trained in this important topic to help address the opioid epidemic that is impacting service members and veterans.

## Military Internship Support Team .....

One of CDP's longest standing programs, the Military Internship Behavioral Health Psychologist program, came to an end in 2020. To continue CDP's long-standing support of DoD psychology training sites, CDP created the Military Internship Support Team (MIST). Through MIST, training programs located in several military treatment facilities (MTFs) are able to fully access and utilize CDP resources (e.g., training workshops and webinars), help identify curriculum development needs for training, and assess consultation needs or interest in evidence-

based treatments. Through MIST, CDP also expanded the Training Resource Library (TRL), a repository of didactic materials and other training enhancement tools accessible to DoD psychology and social work training faculty. In 2020, 105 students were trained through MIST-supported programs. CDP has provided resources for didactics and training to the 10 DoD psychology training sites since its inception and now has expanded this program to also support the 17 DoD social work training sites.



## Targeted Assessment and Clinic-Tailored Implementation of Change Strategies

CDP continues to participate in a collaborative research project that aims to leverage the latest dissemination and implementation science strategies to help MTFs improve their ability to use EBPs for PTSD. The Targeted Assessment and Clinic-Tailored Implementation of Change Strategies (TACTICS) study is a multi-million dollar funded research project being conducted at multiple MTFs. CDP and its partners have conducted six multiday site visits with MTFs assessing barriers to using EBPs and developing plans to address identified barriers. CDP personnel worked with sites to implement their plan in weekly coaching calls. The second wave of MTFs began their coaching calls in the third quarter while the first wave completed in the fourth quarter of 2020. The coaching involves sharing different items from CDP's clinic optimization toolkit, which is a modularized collection of tools that help address common barriers to EBP use.

## Mobile Stress and Anger Management Tool

In 2020, CDP began a partnership with Design Interactive (DI) to investigate the effectiveness of a novel wearable technology on the reduction of symptoms of stress and anger in active duty service members. The study proposes to conduct a small randomized control trial to evaluate DI's Mobile Stress and Anger management Tool (MSAT) at two MTFs. MSAT pairs a wearable device with a smartphone app and provider website to allow patients and providers to track and intervene in stress-related events. The study will examine whether the addition of the MSAT platform will contribute to significant improvements in outcomes in patients receiving standard cognitive behavioral therapy for issues related to stress and anger.



*CDP's Assistant Director of Training and Education, Dr. Tim Rogers wearing a Mobile Stress and Anger Management device*

# PARTNERS

CDP partners with various DoD, public and private entities in order to support and train behavioral health providers working with service members, veterans and their families. We maintain close communication with the DoD community in order to best meet the specialized needs of the military services. See below for an abbreviated list of some of our recent and ongoing partnerships and activities:

Defense Health Agency

Design Interactive

Post-Traumatic Stress Disorder Training for New York Presbyterian Hospital

- Columbia University
- New York Presbyterian Hospital
- Weill-Cornell Medical College

Star Behavioral Health Providers Program Partners

- Indiana Department of Mental Health and Addiction
- Military Family Research Institute at Purdue University
- National Guard Bureau
- Ohio State University
- Oregon Beyond the Yellow Ribbon

TACTICS Study Partners

- Palo Alto Veterans Institute for Research/National Center for Posttraumatic Stress Disorder
- South Texas Research Organizational Network Guiding Studies on Trauma and Resilience/ University of Texas Health Science Center at San Antonio
- University of Washington
- University of Texas at Austin
- Social Sciences Innovations, Corp.

U.S. Southern Command

U.S. Department of Veterans Affairs

# PRESENTATIONS

(Names in bold represent CDP Personnel)

**Brim, W.** (2020, August 6-9). The University Counseling Center Core Competency (UC4) Training. In N. D. Ainspan (Chair), *Improving the success of student veterans through cultural understanding* [Symposium]. American Psychological Association Conference, Washington, DC, United States.

**Carrier, D. L., Cook, J., Phillips, J., & Riggs, D. S.** (2020, August 6-9). *Developing a tool for treatment selection through a review of CPG-concordant treatment manuals for PTSD* [Poster accepted for presentation]. American Psychological Association Conference, Washington, DC, United States.

**Carrier, D. L., Quasten, R., Mistretta, M., Cook, J., & Riggs, D. S.** (2020, August 6-9). *Variability in reported rates of evidence based psychotherapies for PTSD at military treatment facilities* [Poster accepted for presentation]. American Psychological Association Conference, Washington, DC, United States.

**Collette, C., Domenici, P., & Parins, E.** (2020, Oct 14-16). *A model for ensuring culturally competent behavioral health care for military-connected clients* [Poster presentation]. Military Psychology Summit During COVID-19, Washington, DC, United States.

**Cook, J., Carrier, D., Phillips, J., Mistretta, M., & Riggs, D.** (2020, Oct 14-16). *Variability in reported rates of evidence based psychotherapies for PTSD at military treatment facilities* [Poster presentation]. Military Psychology Summit During COVID-19, Washington, DC, United States.

**Cook, J., Carrier, D., Phillips, J., & Riggs, D.** (2020, Oct 14-16). *Developing a tool for treatment selection through a review of CPG-concordant treatment manuals for PTSD* [Poster presentation]. Military Psychology Summit During COVID-19, Washington, DC, United States.

**Copeland, K. A., Rinner, A., Smith, A., Blue, J., Shatto, E. H.** (2020, August 6-9). *"Ship Kits": Evaluating & meeting the needs of operational Navy psychologists* [Poster accepted for presentation]. American Psychological Association Conference, Washington, DC, United States.

Goodie, J. L., Nguyen, D., Wilfong, K., & **Riggs, D. S.** (2020, August 6-9). *Developing interprofessional communication and feedback skills using simulated medical appointments* [Presentation]. American Psychological Association Conference, Washington, DC, United States.

Goodie, J. L., **Tate, L. L., Paxton Willing, M. M., & Cook, J.** (2020, November 19-22). *Culturally-informed care for military service members and veterans: Understanding how to serve those who have served* [Workshop]. Association for Behavioral and Cognitive Therapies 54th Annual Convention, Philadelphia, PA, United States.

**Holloway, K.** (2020, August 6-9). *Assessing military clients for trauma and posttraumatic stress disorder* [Workshop]. American Psychological Association Conference, Washington, DC, United States.

**Paxton Willing, M. M., Pickett, T. C., Tate, L. L., Rhodes, C. S., & Degraba, T. J.** (2020, August 6-9). *Examining the relationship of sleep and PTSD in active duty service members* [Poster session]. American Psychological Association Conference, Washington, DC, United States.

**Paxton Willing, M. M., Pickett, T. C., Tate, L. L., Rhodes, C. S., & Degraba, T. J.** (2020, August 24-27). *Examining sleep as a risk factor for suicidal ideation in active duty service members* [Poster accepted for presentation]. 2020 Military Health System Research Symposium, Kissimmee FL, United States. (Conference canceled)

**Paxton Willing, M. M., Pickett, T. C., Tate, L. L., Rhodes, C. S., & Degraba, T. J.** (2020, August 24-27). *Exploring the relationship of sleep and PTSD in active duty service members* [Poster accepted for presentation]. 2020 Military Health System Research Symposium, Kissimmee FL, United States. (Conference canceled)

**Paxton Willing, M. M., Pickett, T. C., Tate, L. L., Rhodes, C. S., & Degraba, T. J.** (2020, August 27-30). *Understanding the role of sleep as a risk factor for suicidal ideation in active duty service members* [Poster presentation]. 34th Annual Meeting of the Associated Professional Sleep Societies, Philadelphia, PA, United States.

**Paxton Willing, M. M., Tate, L. L., & Riggs, D. S.** (2020, October 22-23). *Incidence rates of trauma- and stressor-related diagnoses in deployed service members from 2008 to 2013*. [Poster presentation]. San Antonio Combat PTSD Conference, San Antonio, TX, United States.

**Paxton, Willing, M., Tate, L., & Riggs, D.** (2020, November 19-22). *Incidence rates of sleep diagnoses in deployed service members from 2008 to 2013* [Poster presentation]. Association for Behavioral and Cognitive Therapies 54th Annual Convention, Philadelphia, PA, United States.

Slagel, B. A., Schvey, N. A., **Tate, L. L., Riggs, D. S., & Jett, S. E.** (2020, November 19-22). The stigma of moral injury: Implications for meaning making among military personnel and veterans. In S. Lauderdale (Chair), *Assessing the damage of stigma: A comprehensive evaluation of variables affecting public and internalized stigma experienced by active duty service members and veterans* [Symposium]. Association for Behavioral and Cognitive Therapies 54th Annual Convention, Philadelphia, PA, United States.

Stolee, J., **Mogharreban, N., & Patterson, T.** (2020, April 30 – May 2). *Utilizing simulation scenarios in training of interns for evidence based treatments: PE, CBT-I* [Presentation]. 2020 Association of Psychology Postdoctoral and Internship Centers Membership Conference, San Diego, CA, United States. (Conference canceled)

**Tate, L. L., Paxton Willing, M. M., & Riggs, D. S.** (2020, November 4-14). *Incidence rates of in-theater mental health disorder diagnosis among US Army soldiers between 2008 and 2013*. [Poster presentation]. International Society of Traumatic Stress Studies 35th Annual Meeting, Boston, MA, United States.

**Tate, L. L., Paxton, Willing, M. M., & Riggs, D.** (2020, November 19-22). *In-theater diagnostic rates of anxiety disorders among US Army soldiers between 2008 and 2013* [Poster presentation]. Association for Behavioral and Cognitive Therapies 54th Annual Convention, Philadelphia, PA, United States.

**Tate, L. L., Riggs, D. S., Slagel, B., Schvey, N., & Jett, S.** (2020, November 19-22). Examining internalized stigma for mental health care through a socio-cultural lens: Honor culture influences on treatment seeking in US military personnel. In S. Lauderdale (Chair), *Assessing the damage of stigma: A comprehensive evaluation of variables affecting public and internalized stigma experienced by active duty service members and veterans* [Symposium]. Association for Behavioral and Cognitive Therapies 54th Annual Convention, Philadelphia, PA, United States.

Taylor, D. J., Bunnell, B. E., Calhoun, C., Pruiksma, K. E., Dietch, J. R., Wardle-Pinkston, S., Milanak, M., Rheingold, A., Peterson, A., Morin, C., Ruggiero, K. J., **Brim, W., Dolan, D., & Wilkerson, A. K.** (2020, August 27-30). *Developing and testing a web-based provider training for Cognitive Behavioral Therapy of Insomnia* [Presentation]. 34th Annual Meeting of the Associated Professional Sleep Societies, Philadelphia, PA, United States.

**Thompson, A., Collette, C., & Parins, E.** (2020, April 14-17). *A model for ensuring culturally competent suicide prevention treatment for military-connected clients in community mental health centers* [Presentation]. 2020 National Association of Social Workers National Conference, Washington, DC, United States. (Session canceled)

# PUBLICATIONS

(Names in bold represent CDP Personnel)

**Holloway, K., Ermold, J., & Chrestman, K.** (2020). Shared immersive environments and virtual worlds and their application in behavioral health: Ready, Provider One? In G. Reger (Ed.), *Technology and mental health: A clinician's guide to improving outcomes* (pp. 271-294). Routledge.

Mallonee, S., **Riggs, D. S.**, & Stander, V. (2020). The impact of family stressors and resources on military spouse's perception of post-deployment reunion stress. *Military Psychology, 32*, 369-379. <https://doi.org/10.1080/08995605.2020.1785268>

Olf, M., Monson, C., **Riggs, D.**, Lee, C., Ehlers, A., & Forbes, D. (2020). Psychological treatments for adults with PTSD: Core and common elements of effective treatment. In D. Forbes, J. I. Bisson, C. M. Monson, & L. Berliner (Eds.), *Effective treatments for PTSD: Practice guidelines from the International Society for Traumatic Stress Studies* (3rd ed., pp. 169-187). Guilford Press.

**Paxton Willing, M. M.**, Mallonee, S., Reo, G., **Phillips, J. M.**, **Carrier, D. L.**, & **Riggs, D. S.** (2020). Training in evidence based psychotherapies in the wake of COVID-19: An examination of online training. *The Military Psychologist, 35*(2), 12-15.

Peterson, A. L., Foa, E. B., Resick, P. A., Hoyt, T. V., Straud, C. L., Moore, B. A., Favret, J. V., Hale, W. J., Litz, B. T., **Rogers, T. E.** & Stone, J. M. (2020). A nonrandomized trial of prolonged exposure and cognitive processing therapy for combat-related posttraumatic stress disorder in a deployed setting. *Behavior Therapy, 51*(6), 882-894. <https://doi.org/10.1016/j.beth.2020.01.003>

**Riggs, D. S.**, **Paxton, M. M.**, Mallonee, S., Rosen, C., Wiltsey-Stirman, S., & Dorsey, S. (2020). Training and implementation of evidence-based psychotherapies for PTSD. In D. Forbes, J. I. Bisson, C. M. Monson, & L. Berliner (Eds.), *Effective treatments for PTSD: Practice guidelines from the International Society for Traumatic Stress Studies* (3rd ed., pp. 469-491). Guilford Press.

**Riggs, D. S.**, **Tate, L. L.**, **Chrestman, K.**, & Foa, E. (2020). Prolonged exposure for posttraumatic stress disorder. In D. Forbes, J. I. Bisson, C. M. Monson, & L. Berliner (Eds.), *Effective treatments for PTSD: Practice guidelines from the International Society for Traumatic Stress Studies* (3rd ed., pp. 188-209). Guilford Press.

Rosen, C. S., Davis, C. A., **Riggs, D.**, **Cook, J.**, Peterson, A. L., Young-McCaughan, S., ... & Finley, E. P. (2020). Targeted Assessment and Context-Tailored Implementation of Change Strategies (TACTICS) to increase evidence based psychotherapy in military behavioral health clinics: Design of a cluster-randomized stepped-wedge implementation study. *Contemporary Clinical Trials, 93*, 1-9. <https://doi.org/10.1016/j.cct.2020.106008>

Schvey, N. A., Klein, D. A., Pearlman, A. T., Kraff, R. I., & **Riggs, D. S.** (2020). Stigma, health, and psychosocial functioning among transgender active duty service members in the US military. *Stigma and Health, 5*(2), 188-198. <https://doi.org/10.1037/sah0000190>

Schvey, N. A., Klein, D. A., Pearlman, A. T., & **Riggs, D. S.** (2020). A descriptive study of transgender active duty service members in the US military. *Transgender Health, 5*(3) 149-157. <http://doi.org/10.1089/trgh.2019.0044>

**Tate, L. L.**, **Paxton Willing, M. M.**, French, L. M., Law, W. A., Bennion, L. D., Sullivan, K. W., & **Riggs, D. S.** (2020). The effect of mTBI and PTSD symptoms on computerized cognitive performance: Results from a sample of treatment-seeking active duty US service members. *Military Psychology, 33*(1), 23-28. <https://doi.org/10.1080/08995605.2020.1842037>

# CDP



Uniformed  
Services  
University

## Center for Deployment Psychology

Uniformed Services University of the Health Sciences  
Department of Medical and Clinical Psychology

4301 Jones Bridge Road  
Bethesda, MD 20814-4799

For more information please visit:  
[www.deploymentpsych.org](http://www.deploymentpsych.org)

**ANNUAL REPORT**  
**2020**

