



Online Tier Three (CBT-D) August 19-20, 2020

This intensive 2-day workshop provides training in the fundamentals of Cognitive Behavioral Therapy for Depression for behavioral health providers working with Service members. The workshop will begin with a discussion of depression in the military, followed by a summary of the theory underlying cognitive behavioral therapy. Participants will then learn how to conceptualize depressed patients according to this model, plan treatment, and utilize both cognitive and behavioral strategies. Participants will have the opportunity to watch video examples and practice intervention strategies through their own role plays. Attendance at both days is required.

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: Introductory

Learning Objectives:

Attendees will be able to:

1. Explore prevalence rates of depression in military populations.
2. Point out treatment considerations specific to a military population when utilizing Cognitive Behavioral Therapy for Depression (CBT-D).
3. Consider the negative consequences of mental health stigma for Service members.
4. Articulate the theory relevant to Cognitive Behavioral Therapy (CBT).
5. Specify the key principles of CBT.
6. Apply CBT formulation to depression.
7. Develop an individualized case conceptualization for patients based on the cognitive behavioral model.
8. Communicate the role of assessment in developing a CBT case conceptualization.
9. Prioritize the components of a standard CBT-D session.
10. Determine cognitive strategies utilized in CBT-D to modify unhelpful cognitions in Service members.
11. Determine behavioral strategies utilized in CBT-D to modify unhelpful behavioral patterns in Service members.
12. Apply the use of the Socratic Method in CBT.
13. Articulate common cognitive distortions of military personnel.
14. Establish ability and confidence to utilize CBT skills with depressed Service members through role play activities.



**Star Behavioral Health Providers
Tier Three (CBT-D) Training
August 19-20, 2020**

Agenda

DAY 1

- 0900-0915 Introductions
0915-1015 Depression in the Military
1015-1030 Roots of Cognitive Behavioral Therapy for Depression (CBT-D)
1030-1045 BREAK
1045-1145 Cognitive & Behavioral Theory
1145-1300 Behavioral Strategies
1300-1400 LUNCH
1400-1430 Behavioral Strategies (cont.)
1430-1530 Identifying Automatic Thoughts
1530-1545 BREAK
1545-1715 Evaluating Automatic Thoughts
1715-1730 Homework Assignment/Wrap-up
1730 Adjourn

DAY 2

- 0900-0915 Check-in/Homework Review
0915-0945 Working with Core Beliefs
0945-1000 Problem Solving
1000-1045 Elements of Cognitive Behavioral Therapy (CBT)
1045-1100 BREAK
1100-1130 Initial Phase
1130-1300 CBT Case Conceptualization
1300-1400 LUNCH
1400-1530 General CBT-D Session Structure
1530-1545 BREAK
1545-1600 Middle & Later Phases
1600-1715 Review of CBT Skills
1715-1730 Wrap-up (15)
1730 Adjourn



Location Information

Location Platform: Zoom

Date: August 19-20, 2020

Time: 9:00am – 5:30pm Eastern

Participate

Registration Information:

<https://militaryfamily.secure.force.com/Tier3RegistrationForm?sState=Online>

Cost/Refunds: Free

Special Accommodations:

If you require special accommodations due to a disability, please contact Chris Myers at christina.myers.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.



Presenters

Jeffrey Mann, Psy.D. is a 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.

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.



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. There is a 30-day time limit post-training to complete all CE requirements. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Chris Myers at christina.myers.ctr@usuhs.edu.

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.