

Online Tier Two – June 17-18, 2020

This training is the second of three tiers. Tier Two provides education about specific challenges and difficulties that are often associated with military service. Topics include sleep disorders, alcohol and substance abuse, military families, PTSD, Traumatic Brain Injury, Suicide and Ethics.

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

Instructional Level: Introductory

Learning Objectives:

Attendees will be able to:

1. Explore sleep disorders common to the military population. (SLEEP)
2. Specify strategies to improve assessment practices of common sleep disorders. (SLEEP)
3. Evaluate treatments for sleep disorders common to the military population. (SLEEP)
4. Articulate the mechanisms of brain injury common in a military population. (TBI)
5. Evaluate methods of concussion assessment. (TBI)
6. Propose best intervention practices for providers working with traumatic brain injury. (TBI)
7. Characterize common trends in alcohol and drug use among military versus civilian populations. (Alcohol & Drug Use)
8. Recommend strategies for screening and assessing military clients for substance use disorders. (Alcohol & Drug Use)
9. Prioritize evidence-based treatments for substance use disorders. (Alcohol & Drug Use)
10. Explore normative stressors of military family life (Mil Families)
11. Specify the 5 common family resilience domains (Mil Families)
12. Develop skills to help build resilience in military families (Mil Families)
13. Communicate three types of PTSD assessment and the goals of each. (PTSD)
14. Choose appropriate assessment tools for each of the three types of PTSD assessment with a military population. (PTSD)
15. Critique evidence-based treatments for PTSD in a military population. (PTSD)
16. Assess the prevalence of suicide in the civilian and military population. (Suicide)
17. Characterize components of risk assessment for suicide with a focus on military specific risk and protective factors. (Suicide)
18. Apply the steps used in developing a safety plan for suicide. (Suicide)
19. Consider the definition of ethics and how it relates to the role of the mental health provider. (Ethics)
20. Explore five (5) ethical challenges common to mental health providers working with the military population. (Ethics)
21. Implement Gottlieb's model for avoiding dual relationships. (Ethics)
22. Apply knowledge of the ethical decision-making process to military case examples. (Ethics)



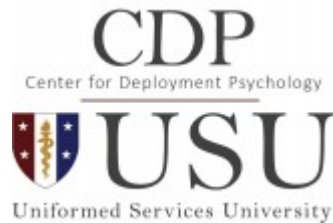
AGENDA:

Day One

9:00 am - 9:15 am	Welcome and Introductions
9:15 am - 11:15 am	Sleep Disorders: An Overview of Sleep Disorders Common in Military Members
11:15 am - 11:30 am	Break
11:30 am - 1:00 pm	Overview of Traumatic Brain Injury (TBI) in the Military
1:00 pm - 2:00 pm	Lunch Break
2:00 pm - 3:30 pm	Alcohol and Substance Use within the Military Population
3:30 pm - 3:45 pm	Break
3:45 pm - 5:15 pm	Building Military Family Resilience
5:15 pm - 5:30 pm	Closing and Instructions for Day 2

Day Two

9:00 am - 11:00 am	Ethical Considerations for Working with Military Members and Veterans
11:00 am - 11:15 am	Break
11:15 am - 12:15 pm	Ethical Considerations (<i>continued</i>)
12:15 pm - 1:15 pm	Lunch Break
1:15 pm - 3:15 pm	Assessment and Treatment of PTSD
3:15 pm - 3:30 pm	Break
3:30 pm - 5:30 pm	Addressing Suicide with Military-Connected Patients
5:30 pm - 5:45 pm	Closing and CE Evaluation



Location Information

Online Platform: Zoom

Date: June 17-18, 2020

Time: 9:00am – 5:30pm Eastern

Participate

Registration Information:

<https://militaryfamily.secure.force.com/Tier2RegistrationForm?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

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.

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.



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 13.5 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. 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.