CDP Blogs organized by Clinical Skills

Last updated 4/24/2019

Behavioral Activation

https://deploymentpsych.org/blog/staff-perspective-importance-behavioral-activation
https://deploymentpsych.org/blog/staff-perspective-behaviorism-saves-day
https://deploymentpsych.org/blog/staff-perspective-behavioral-activation-there%E2%80%99s-app

CBT Skills

https://deploymentpsych.org/blog/staff-perspective-want-improve-your-cpt-or-pe-skills-start-fundamentals

Clinical Consultation/Supervision

https://deploymentpsych.org/blog/staff-voices-clash-between-ideal-and-realities-consultation
https://deploymentpsych.org/blog/staff-perspective-dispelling-misconceptions-around-consultation
https://deploymentpsych.org/blog/staff-perspective-training-and-clinical-competence-understanding-importance-supervision
https://deploymentpsych.org/blog/staff-perspective-and-if-ebt-ineffective-what-then

Collaboration in Psychotherapy

https://deploymentpsych.org/blog/staff-perspective-who-makes-decisions-around-here

Conditioning in PTSD treatment

https://deploymentpsych.org/blog/staff-perspective-classical-conditioning-and-other-excuses-talking-about-my-dog
Confidentiality Limits
https://deploymentpsych.org/blog/staff-voices-confidentiality-limits-military-setting

CPT Interventions
https://deploymentpsych.org/blog/staff-perspective-cpt-session-notes-are-here
https://deploymentpsych.org/blog/staff-voices-dissociation-and-cognitive-processing-therapy-ptsd

Diagnostic Assessment
https://deploymentpsych.org/blog/staff-perspective-comparison-changes-ptsd-diagnosis-dsm-v

Diversity
https://deploymentpsych.org/blog/staff-perspective-women-combat
https://deploymentpsych.org/blog/staff-perspective-lgb-history-psychology-and-military-part-1
https://deploymentpsych.org/blog/staff-perspective-brief-history-lgb-individuals-and-military-part-2
https://deploymentpsych.org/blog/staff-perspective-healthcare-transgender-service-members-discussion-recent-policy-developments
https://deploymentpsych.org/blog/staff-perspective-contextualizing-resilience-lgbtq-military-connected-couples

Exposure
Group Work

https://deploymentpsych.org/blog/staff-perspective-cpt-group-military-connected-patients-applying-research-clinical-practice

https://deploymentpsych.org/blog/staff-perspective-group-vs-individual-treatment-cognitive-processing-therapy

https://deploymentpsych.org/blog/staff-perspective-group-work-%E2%80%93-argument-making-process-group-integral-element-treatment

https://deploymentpsych.org/blog/staff-perspective-support-group-cognitive-behavioral-therapy-insomnia-part-1

https://deploymentpsych.org/blog/staff-perspective-support-group-cognitive-behavioral-therapy-insomnia-part-2-now-what

Means Safety

https://deploymentpsych.org/blog/staff-perspective-means-safety-%E2%80%93-does-it-make-difference

Metaphors

https://deploymentpsych.org/blog/staff-perspective-what-makes-good-metaphor-prolonged-exposure-therapy

In-Vivo Hierarchy

https://deploymentpsych.org/blog/staff-voices-developing-effective-vivo-hierarchy

https://deploymentpsych.org/blog/staff-voices-five-strategies-fortify-your-vivo-work

https://deploymentpsych.org/blog/staff-voices-productive-processing-vivo-exposure
Instillation of Hope

https://deploymentpsych.org/blog/staff-voices-hope-and-ptsd-treatment

Mindfulness

https://deploymentpsych.org/blog/staff-perspective-mindfulness
https://deploymentpsych.org/blog/staff-perspective-should-i-be-teaching-veterans-meditate
https://deploymentpsych.org/blog/staff-perspective-should-i-be-teaching-veterans-meditate-part-two
https://deploymentpsych.org/blog/staff-perspective-are-we-%E2%80%9Cpushers%E2%80%9D-or-%E2%80%9Cadaptive%E2%80%9D-patient-understanding

Modified EBP Protocol

https://deploymentpsych.org/blog/staff-perspective-when-there%E2%80%99s-%E2%80%9Cno-time%E2%80%9D-ptsd-treatment
https://deploymentpsych.org/blog/staff-perspective-modifying-evidence-based-treatment-protocols-foolhardy-decisions-or-strokes

Patient Education & Treatment Planning

https://deploymentpsych.org/blog/staff-perspective-preparing-patients-ptsd-treatment-ebp-education-and-treatment-planning

Patient Readiness for EBPs

https://deploymentpsych.org/blog/staff-perspective-assessing-patient-readiness-evidence-based-psychotherapy

Problem Solving
Provider Resistance

https://deploymentpsych.org/blog/staff-perspective-evidence-based-care-why-are-providers-so-resistant-treatments-we-don%E2%80%99t-know

Rationale for Psychotherapy

https://deploymentpsych.org/blog/staff-perspective-treatment-rationale-blueprints-psychotherapy

Recording PE sessions

https://deploymentpsych.org/blog/staff-voices-recording-pe-sessions-why-and-how

Resilience

https://deploymentpsych.org/blog/guest-perspective-resilience-acceptance

Selection of CPT or PE for PTSD treatment

https://deploymentpsych.org/blog/staff-voices-pe-or-cpt%E2%80%A6that-question

Session Structure

https://deploymentpsych.org/blog/staff-perspective-cbt-depression-elements-session-structure
Sleep Log in CBT
https://deploymentpsych.org/blog/staff-perspective-cracking-code-sleep-log-scoring

Sleep Hygiene
https://deploymentpsych.org/blog/staff-perspective-problem-sleep-hygiene

Socratic Dialogue/ Questioning
https://deploymentpsych.org/blog/staff-perspective-cpt-and-use-socratic-dialoguequestioning
https://deploymentpsych.org/blog/staff-perspective-socratic-dialogue-part-2-professing-ignorance

Suicide Postvention
https://deploymentpsych.org/blog/staff-perspective-suicide-postvention-don%E2%80%99t-forget-clinician-survivors

Suicide Risk

Therapeutic Alliance
https://deploymentpsych.org/blog/staff-perspective-mobile-apps-military-families

Therapist Self-care
Use of Humor

https://deploymentpsych.org/blog/staff-perspective-downrange-comedy-humor-deployed-settings
https://deploymentpsych.org/blog/staff-perspective-downrange-comedy-humor-deployed-settings-part-2

Use of Technology in Psychotherapy

https://deploymentpsych.org/blog/staff-perspective-virtual-hope-box
https://deploymentpsych.org/blog/staff-voices-got-apps
https://deploymentpsych.org/blog/staff-voices-cbt-i-coach-review
https://deploymentpsych.org/blog/staff-perspective-look-concussion-coach-app
https://deploymentpsych.org/blog/staff-perspective-mobile-apps-military-families
https://deploymentpsych.org/blog/staff-perspective-using-technology-treat-ptsd
https://deploymentpsych.org/blog/staff-perspective-smartphone-apps-anxiety-minded