

## 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-getting-trained-sleep-disorder-assessment-and-treatment>

<https://deploymentpsych.org/blog/staff-perspective-identification-and-assessment-moral-injury>

<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

<https://deploymentpsych.org/blog/staff-perspective-summer-vacation-benefits-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

<https://deploymentpsych.org/blog/guest-perspective-solving-problems-can-enhance-resilience-and-improve-adjustment>

### 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-I

<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

<https://deploymentpsych.org/blog/guest-perspective-targeting-suicide-risk-itself-not-psychological-disorders-reduces-suicidal-behavior>

<https://deploymentpsych.org/blog/guest-perspective-recommendations-how-best-characterize-and-document-suicide-risk>

### Therapeutic Alliance

<https://deploymentpsych.org/blog/staff-perspective-mobile-apps-military-families>

### Therapist Self-care

<https://deploymentpsych.org/blog/staff-voices-importance-self-care>

<https://deploymentpsych.org/blog/staff-voices-professional-quality-life-proqol-measure>

### 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>