



Answering the Call with Focus, Flexibility, and Fidelity: Implementing EBPs in the Wake of Public Health Crises

*An Evidence-based Psychotherapy Conference Presented by the Center for
Deployment Psychology*

May 11, 2023

A Live, Interactive Webinar

Description:

The last 5 years have seen a global pandemic, job losses, financial distress, heightened awareness of (and sometimes violent demonstrations related to) systemic racism, military actions, school closings, natural disasters, mass shootings, threats to bodily autonomy, a stressful presidential election, and we can't leave out the murder hornets and monkeypox.

While the onslaught of these public health crises has furthered our knowledge about human resilience, we have simultaneously seen an exacerbation of the mental health needs of our communities. Mental health referrals have increased significantly as provider availability continues to decrease. Providers are challenged to do and serve more, with fewer resources, stagnant salaries and minimal support, while simultaneously coping with their own distress and avoiding burnout.

What are we, the providers, supposed to do? How do we continue to provide good care to others while simultaneously taking care of ourselves? Join us as we bring national experts together to discuss how best to balance fidelity and flexibility in the delivery of evidence-based practice amidst these extreme challenges.

Total CE Credits: 7

Total Contact Hours: 7

Specific Presentation Descriptions:

Keynote: Trauma and the Resilience Paradox: Adaptation Through Flexible Self-Regulation

Decades of research has shown that response to potentially traumatic events produce various prototypical trajectories of outcome, the most common being a stable trajectory of healthy functioning, or resilience. Paradoxically, correlates of these patterns show uniformly small effects, (i.e., they say little about who will actually be resilient and who not). Possible explanations for this paradox include the fact that the challenges presented by highly aversive situations are highly variable and that virtually all traits and behavior have both costs and benefits. Thus, what works in one situation may not work as well, or may even be harmful, in another. How can people solve this paradox and find their way to resilience? The answer, I propose in this keynote address, is through the process of flexible self-regulation. In addition to a detailed elaboration on this process, recent studies and new directions on regulatory flexibility will also be reviewed.

Presenter: Dr. George Bonanno



Presentation #1: Workforce Capacity and Wellbeing in U.S. Psychologists

This program will cover two research topics in the psychologist workforce: supply and demand projections and psychologist workload, wellbeing, and burnout. Pre-COVID-19 workforce projections indicated the psychologist workforce is inadequately sized and prepared to respond to population health needs. A racial/ethnic equivalence scenario suggested the size of the workforce would need to increase dramatically in order to achieve racial/ethnic equity. Changes in demand vary across age and racial/ethnic groups. In particular, increases in demand are projected from older adults and Hispanic populations. Yet the psychologist workforce only had small numbers of psychologists with specialty training to work with older adults. Similarly, only small numbers of psychologists were Hispanic or able to provide services in Spanish. The program will also describe key survey findings on how psychological practice evolved because of the COVID-19 pandemic. Workload increased while burnout remained persistently high. An increasing percentage of psychologists reported they were unable to meet demand for treatment from their patients. Despite challenges in managing workload capacity, psychologists used methods for maintaining wellness, such as practicing self-care, having a positive work-life balance, and seeking peer consultation/support. Strategies for addressing burnout in the behavioral health workforce will be discussed. Organizational-level interventions can be effective in addressing the contributing factors to burnout in behavioral health providers.

Presenter: Dr. Karen Stamm

Presentation #2: Vulnerable Populations & Collective Trauma

The presentation will explore the concept of collective trauma through a social-ecological framework. It will also outline the mechanisms of intergenerational transmission of trauma and historical trauma. The purpose of this presentation is to identify populations and identities that are more susceptible to the negative outcomes associated with collectively traumatic experiences (COVID-19, climate disasters, etc.) and to provide best practices to serve those populations.

Presenter: Ingrid Cockhren, MEd

Presentation #3: Trauma-Informed & Culturally Sensitive Therapy with Ethnic Populations

This presentation highlights trauma-focused mental health approaches that can be used with ethnic populations. The focus of the presentation is on current theoretical perspectives and evidence-based methods that provide a paradigm for culturally and ecologically appropriate interventions, attentive to the diverse needs of people affected by traumatic experiences.

Presenter: Dr. Priscilla Dass-Brailsford

Presentation #4: Approaches to Transdiagnostic Care with the Special Operations Forces Community

Limited research has been conducted with this population examining psychiatric concerns and the impact of cumulative trauma. Prior research has often relied on self-report data, retroactive data, or repository searches to artificially formulate diagnoses and classify these individuals, leading to inaccurate diagnoses and subsequently ineffectively designed treatment. Given the high rates of medical and psychiatric comorbidities in this population, the importance of accurate assessment and comprehensive treatment is imperative. In conducting nearly 300 structured diagnostic interviews, and treating over 100 operators, observations have been gathered on the cumulative impact of trauma,



relationship to psychiatric diagnoses, and recommendations for treatment approaches. This presentation will provide specific treatment and evaluation recommendations based on current, evidence-based interventions such as Cognitive Behavioral Therapy, Acceptance-Based Behavioral Therapies, and exposure techniques. Additional information about the program offerings at Home Base for the SOF community will be highlighted, including outcomes of these programs. Given the widespread healthcare utilization of the SOF community, both within and outside the Veterans Affairs System, presenting these findings to a national and international audience will vastly improve cultural competency and improve best practices in providing effective care to this population.

Presenter: Dr. Lauren Brenner

Presentation #5: A Stepped Care Framework to Support Recovery after a Mass Casualty Event

The development of interventions for mass casualty events became a priority for mental health providers and national agencies responsible for delivering behavioral health care after the 9/11 terrorist attacks on the United States. Mass casualty events have not abated during the past two decades, as mass shootings have risen more than tenfold from 3 incidents in 2000 to 40 incidents in 2020. Soft targets, such as houses of worship, schools, trains, outdoor concerts, and shopping malls, remain easier to attack than hard targets with a prepared security presence, like airports and athletic events. For those in harm's way, first responders and behavioral health clinicians are thrust into taking action to provide care to those who are physically wounded or mentally traumatized. This clinical practice program offers an overview of the challenges and considerations when providing mental health care after a mass casualty event. Most current approaches advocate for using a stepped care model or a phased delivery of care. This presentation will share various approaches to screening, intervention, assessment, and treatment that are based on current research, lessons learned, and best practices.

Presenter: Dr. Lisa Brown



Presentation #6: Modified CREST for the treatment of hoarding disorder in veterans during COVID

Hoarding Disorder (HD) is a chronic and debilitating psychiatric condition that leads to devastating personal consequences and significant healthcare costs. Epidemiological reports estimate the prevalence of clinically significant hoarding symptoms at 7%, while almost 20% of the US population report difficulty discarding ‘worn out’ or ‘useless’ items. This can be problematic when combined with many of the additional challenges certain populations face, including severe functional impairment, medical and psychiatric comorbidities, and cognitive dysfunction. For many Americans, the COVID health crisis introduced or worsened feelings of fear and anxiety that only exacerbated the severity of HD. A strong association was found between panic buying at the start of COVID (toilet paper, non-perishables, etc.) and subsequent hoarding behaviors, with intolerance to uncertainty—a hallmark of COVID—having a key relationship to increased hoarding symptom severity. These trends have also become evident in the clinical setting. Over the past three years, our programs have accumulated a wait list of more than 550 potential participants seeking treatment for HD who did not qualify for other available research programs (Veteran status or low-income). A growing body of research demonstrates higher rates of mental health challenges for Veterans, including hoarding challenges when compared to the typical populace. Unfortunately, Veterans with HD are chronically underdiagnosed and do not receive evidence-based treatment. To address this need, the Department of Veterans Affairs has funded a series of research grants geared toward developing and testing evidence-based treatments. Cognitive Rehabilitation and Exposure/Sorting Therapy (CREST) is a proven, evidence-based treatment that addresses neurocognitive weaknesses that may contribute to HD while targeting the core symptoms of urges to save and avoidance of discarding that lead to the accumulation of clutter. Thus, delivering CREST to a vulnerable population with multiple comorbidities has proven successful. Modifications in response to COVID include adapting CREST for virtual delivery. A total of 270 virtual sessions of CREST were successfully delivered over a three-month period to low-income older adults with HD through a County-funded program. Our six therapists rated using virtual care “easy” to “very easy” on a 5-point Likert scale. Clinical outcomes included the ability to navigate spaces without tripping/falling, sleeping in a bed, using rooms as they were intended, and using appliances. Feedback from therapists included less cancellations, more willingness to engage, decreases in session/administrative time, and that clients were “proud that they could learn to use technology” in response to solicited feedback about virtual sessions. Our group has also since modified the course of treatment to make the program more time efficient. Initially, we started out with one session per week for 26 sessions. However, the length of the program (6-8 months) burdens mental health clinics with demands for additional staff time and financial resources. To address these implementation barriers, we developed a novel approach to CREST referred to as Personalized CREST. It is still implemented virtually, but it can be administered in half of the time with the same degree of effectiveness (according to preliminary data). This is the current treatment plan we are using to compare CREST effectiveness with standard Case Management in Veterans with HD. By introducing strategies like these to help reduce patient and provider burden, we can more efficiently and effectively interrupt the trajectory of this and other chronic and debilitating conditions.

Presenter: Julie Holcomb, M.S. & Chad Vacco, M.A.



Learning Objectives:

Following the training, attendees will be able to:

Keynote:

1. Distinguish prototypical patterns of trauma reactions.
2. Apply knowledge of divergent response patterns to clinical practice or in mental health settings
3. Explain response flexibility as a key component of resilient outcomes

Presentation 1:

1. Appraise key findings of pre-COVID-19 psychologist supply and demand projections
2. Evaluate U.S. psychologists' workload capacity, wellbeing, and burnout

Presentation 2:

1. Differentiate between various types of trauma
2. Analyze the mechanisms of collective, historical & intergenerational trauma
3. Explain intersectionality and its impact on vulnerable populations

Presentation 3:

1. Evaluate the importance of using culturally and ecologically appropriate interventions with ethnic populations
2. Apply evidence-based interventions discussed in the presentation to clinical settings

Presentation 4:

1. Explain the evaluation and treatment programs available at Home Base for Special Operations Forces (SOF) service members and veterans
2. Integrate evidence-based approaches to transdiagnostic presenting concerns when working with SOF patients

Presentation 5:

1. Evaluate the progress and the current status of efforts to develop and disseminate effective screening and intervention for survivors of mass casualty events.
2. Distinguish the components of a stepped-care approach for mass casualty survivors.
3. Demonstrate strategies for providing culturally sensitive psychological screening and intervention after mass casualty events to improve clinical outcomes.

Presentation 6:

1. Explain current deficiencies in identifying Veterans with Hoarding Disorder (HD).
2. Evaluate modified Cognitive Rehabilitation and Exposure/Sorting Therapy (CREST) treatment features and advantages.

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

Instructional Content Level: Introductory/Beginner

Agenda:



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Evidence-Based Psychotherapy Conference, May 11, 2023
Pre-Meeting Institute EBP Workshops, May 9-10, 2023

Conference Agenda	
9:00 am - 9:10 am ET	Welcome and Introduction
9:10 am - 10:10 am ET	Keynote Address- Trauma and the Resilience Paradox: Adaptation Through Flexibility George A. Bonnano, Ph.D.
10:10 am-11:10 am ET	Workforce Capacity and Wellbeing in U.S. Psychologists Karen Stamm, PhD
11:10 am -11:20 am ET	Break
11:20 am -12:20 pm ET	Vulnerable Populations & Collective Trauma Ingrid Cockhren (ACES), MEd
12:20 pm -1:20 pm ET	Lunch
1:20 pm - 2:20 pm ET	Trauma-Informed & Culturally Sensitive Therapy with Ethnic Populations Priscilla Dass-Brailsford, PhD
2:20 pm - 3:20 pm ET	Approaches to Transdiagnostic Care with the Special Operations Forces Community Lauren Brenner, PhD
3:20 pm - 3:30 pm ET	Break
3:30 pm - 4:30 pm ET	A Stepped Care Framework to Support Recovery after a Mass Casualty Event Lisa Brown, PhD
4:30 pm - 5:30 pm ET	Modified CREST for the Treatment of Hoarding Disorder in Veterans During COVID Julie Holcomb, M.S. & Chad Vacco, M.A.
5:30 pm - 5:40 pm ET	Conclusion
<p>For more information, please contact Project Manager: Jeremy Karp at jeremy.karp.ctr@usuhhs.edu</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 60%;"> <p>CENTER FOR DEPLOYMENT PSYCHOLOGY UNIFORMED SERVICES UNIVERSITY OF THE HEALTH SERVICES</p> <p>4301 Jones Bridge Road Bethesda, MD 20814-4799 www.deploymentpsych.org</p> </div> <div style="width: 35%; text-align: right;">   <p>Uniformed Services University</p> </div> </div>	

**7 Hours of instruction time with a 1-hour lunch break and 2 10-minute breaks



Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. In addition, CEs will not be provided for our lunchtime poster session. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive social work CE credits. For psychology CE credits, completion of the evaluation is strongly encouraged, but if you are seeking New York State Education Department psychology credit hours then you are required to complete an evaluation. If you do not wish to complete the evaluation but desire to receive non- New York State Education Department psychology CEs, please contact the POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be emailed to participants within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:

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.

Association of Social Work Boards Approved Continuing Education Provider Approval:

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 7 Live, Interactive Webinar continuing education credits.

New York State Education Department's State Board for Psychology Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

Inquiries regarding CE credits may be directed via email to Jeremy Karp at jeremy.karp.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: May 11th, 2023

Time: 9:00am – 5:40pm ET

Registration Information: Registration is via event management website: Eventbrite.

Registration Deadline: May 4th, 2023

Cancellations/Questions: Please contact jeremy.karp.ctr@usuhs.edu if you have any questions or need to cancel your registration.



Registration Cost/Refunds: \$20

Registration fees will be refunded to participants who send a written cancellation via email to jeremy.karp.ctr@usuhs.edu no less than 4 weeks before the conference. No refunds will be made after the conference.

Location Information: This training will be conducted via Zoom video conferencing. Registrants will be emailed one week prior with a Zoom registration link. After registering via Zoom, registrants will be sent a personal Zoom login link.

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System Requirements:

Zoom:

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

Special Accommodations: If you require special accommodations due to a disability, please contact Jeremy Karp, jeremy.karp.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP’s Continuing Education Director, Ms. Amanda Milochik, via email at Amanda.milochik.ctr@usuhs.edu.

Instructor Biographies:



George Bonanno, PhD is an internationally renowned expert on trauma and resilience. He received his Ph.D. from Yale University and is currently a Professor of Clinical Psychology at Teachers College, Columbia University, and has conducted ground-breaking research on trauma, loss and other kinds of adversity for over three decades. He has been listed among the top one percent most cited scientists in the world and has been honored by the *Association for Psychological Science* “for a lifetime of intellectual achievements in applied psychological research and their impact on a critical problem in society at large” and by the *International Positive Psychology Association* for “distinguished lifetime contributions to

positive psychology.” His books include *The Other Side of Sadness: What the New Science of Bereavement Tells us About Life After Loss* and, most recently, *The End of Trauma: How the New Science of Resilience is Changing How We Think About PTSD.* Changing How We Think About PTSD.”



Lisa Brown, PhD. Lisa M. Brown is a Professor, Director of the Trauma Program and the Risk and Resilience Research Lab at Palo Alto University. She is an Adjunct Clinical Professor at Stanford University. Her clinical and research focus is on trauma and resilience, global mental health, and vulnerable populations. Her research has been funded by the National Institute of Aging, the CDC, the Department of Veterans Affairs, SAMHSA, and USAID. She is a Fellow of the American Psychological Association and the Gerontological Society of America.



Lauren Brenner, PhD. Dr. Lauren Brenner is a licensed clinical psychologist, with expertise in the field of trauma and stressor-related disorders. She received her BS from the University of Illinois in Urbana-Champaign, and MS and PhD in Clinical Psychology at Rosalind Franklin University of Medicine and Science in Chicago. Dr. Brenner has been clinically trained at the University of Chicago, Edward J Hines VAMC, James Lovell Federal Health Care Center, and an intensive DBT program. She completed her predoctoral internship at VA Boston Healthcare System, with a focus in areas of cooccurring substance use and traumatic stress disorders, and urgent care. Dr. Brenner attained fellowship training at the Home Base Program, where she now serves as a staff psychologist working with military service members and veterans, with expertise in the Special Operations Forces (SOF) community. Her research focuses on establishing best practices for psychological evaluation and treatment of SOF service members and veterans, for which she is the recipient of the Anne Klibanski Visiting Scholar Award. Dr.

Brenner is an Instructor of Psychiatry at Harvard Medical School and is a credentialed Certified Brain Injury Specialist through the Brain Injury Association of America.



Priscilla Dass-Brailesford, PhD. Priscilla Dass-Brailesford, a graduate of Harvard University is a clinical psychologist, and Professor in the Department of Psychiatry at Georgetown University Medical Center. She studies the effects of trauma, violence, abuse, and other stressful events and is particularly interested in whether individuals from historically oppressed or stigmatized groups experience unique stressors or exhibit culturally specific coping processes. Besides numerous other publications, she is the published author of three books: *Trauma, Violence & Abuse* (2020), *Disaster and Crisis Response: Lessons Learned from Hurricane Katrina*, (2009), and *A Practical Approach to Trauma: Empowering Interventions* (2007). Dr. Dass-Brailesford is an APA Fellow of Divisions 17, 35, 45 and 56.



Ingrid Cockhren, MEd. Mrs. Cockhren graduated from Tennessee State University with a B.S. in Psychology and Vanderbilt University's Peabody College with a M.Ed. in Child Studies. Her research areas are Adverse Childhood Experiences, collective trauma, historical trauma/intergenerational transmission, brain development, developmental psychology, and epigenetics. Mrs. Cockhren's past career experience ranges from juvenile justice, family counseling, early childhood education, professional development & training, community education and consulting. Mrs. Cockhren's consulting, facilitation and DEI clients and affiliates include PACEs Connection, Thistle Farms, Inc., Metro Nashville's Public Schools, Meharry Medical College, Tennessee State University Foundation, Tennessee's Dept. of Children's Services, Tennessee's Office of Child Safety, Vanderbilt University & Medical

Center, Raphah Institute, Mental Health Cooperative, American Institute of Architects, Indiana Youth Institute, Indiana University and Tuskegee University, among others. In addition to consulting, she is currently an adjunct professor specializing in developmental psychology, abnormal psychology & African American psychology at Tennessee State University and the CEO of PACEs Connection, a social network dedicated to raising awareness of positive and adverse childhood experiences, stress & trauma.



Karen Stamm, PhD. is the Director of the [Center for Workforce Studies](#) at the American Psychological Association. The mission of the APA Center for Workforce Studies is to collect, analyze, and disseminate information about the psychology workforce and education pathways. Karen has more than 15 years of experience in the field of psychology, both as an academic and with the APA. She is a quantitative psychologist who enjoys using data to tell compelling stories. Karen earned her PhD and MA in psychology from the University of Rhode Island and her BA in psychology and English from Boston College.



Chad Vacco, M.A. Mr. Vacco received his M.A. in Clinical Mental Health Counseling from the University of San Diego in 2022 and is a registered Associate Professional Clinical Counselor (APCC) in California as well as a Nationally Certified Counselor (credentialed by the National Board of Certified Counselors). Mr. Vacco completed a comprehensive internship in San Diego with the U.S. Department of Veterans Affairs (VA) at the ASPIRE Center, a residential outpatient clinic for combat veterans and Rio WAVE Clinic, a vocational rehabilitation center where he provided individual and group evidence-based therapies treating various conditions such as post-traumatic stress disorder (PTSD), depression, anxiety-related conditions, and addiction. Currently, Mr. Vacco works full-time in the San Diego VA Healthcare System as a research therapist where his labors include assisting with coordinating two clinical trials enhancing treatment for PTSD and hoarding disorder, providing diagnostic and clinical assessments for PTSD, and delivering individual therapy for veterans with hoarding disorder. In addition to his full-time position at the Department of Veterans Affairs, Mr. Vacco works part-time as a

therapist at The Cognitive Therapy Institute, APC. in La Jolla, CA where his efforts are focused on helping individuals struggling with trauma and anxiety-related conditions find holistic healing and improve their quality of life. He also serves as a member of the Legislative and Advocacy Committee on the California Association of Licensed Professional Clinical Counselors (CALPCC) and as an emergency response supervisor and ASIST suicide prevention counselor for U.S Coast Guard Reserves in the greater San Diego area. Prior to his joining the Department of Veterans Affairs, Mr. Vacco served on active duty in the U.S. Coast Guard for over a decade in a myriad of roles – most notably as a team leader for a deployable specialized forces unit combating transnational organized crime and narcoterrorism. Mr. Vacco’s research interests include PTSD, hoarding, anxiety-related disorders, integrating religion/spirituality into the therapy setting, and the field of implementation science.



Julie Holcomb, M.S. Julie is a full-time clinical research coordinator and assessor in the VA San Diego Healthcare System (VASDHS). She earned her master’s degree in psychology from Arizona State University and joined Dr. Catherine Ayers’ hoarding disorder (HD) research lab in 2020. Ms. Holcomb works on a VA-funded clinical trial comparing the novel Cognitive Rehabilitation and Exposure/Sorting Training (CREST) with standard case management for HD. She conducts in-home and virtual diagnostic interviews and neuropsychological assessments of veterans seeking treatment for the disorder through the VA in San Diego County. In addition to her work in the HD lab, Ms. Holcomb is the research coordinator for the VA’s first cannabidiol study, which is investigating CBD’s effectiveness as an adjunct to Prolonged Exposure therapy for the treatment of PTSD in veterans. She is a VA-certified PTSD assessor (CAPS-5) with hundreds of hours of experience diagnosing and working with veterans from all



eras of service and trauma types. Before joining Dr. Ayer's HD lab, Ms. Holcomb served for 20 years in the United States Navy. A prior-enlisted officer, she started her Naval career as an Intelligence Specialist trained in East Asian and Russian military capabilities before earning her commission. After becoming an officer, Ms. Holcomb completed flight training as a Naval Flight Officer in the P-3C Orion Anti-Submarine Warfare aircraft and has flown over a thousand hours as Aircrew Mission Commander in support of military operations abroad. Ms. Holcomb's research interests are veteran-focused and include HD, PTSD (couples, individual, and psychedelic interventions), military sexual trauma, veteran advocacy, and implementing telehealth technologies to expand veterans' access to mental healthcare.

**There is no commercial support or conflict of interest to report for these presenters.