



Cognitive Behavioral Therapy for Chronic Pain (CBT-CP)

5/9/2023-5/10/2023

A Live, Interactive Webinar

Description:

This intensive two-day module provides training in the assessment, management and cognitive-behavioral treatment of chronic pain. The module lays the foundation for working with military connected individuals suffering from chronic pain by reviewing the rates and mechanisms of chronic pain in civilian and military populations, including the role of military culture. Furthermore, theories of chronic pain will be introduced with a focus on biological, psychological and social factors impacting chronic pain. Participants will develop case conceptualization skills grounded by the clinical interview and empirically based assessment tools. Participants will learn and have the opportunity to practice key intervention strategies. In addition to learning CBT skills/techniques for working with chronic pain patients, participants will explore the role of motivational interviewing practices in CBT for chronic pain. The workshop also discusses common challenges to psychological service for pain management and ways to overcome those barriers. The module is designed for behavioral health providers working with Service Members, Veterans and their families who are seeking in-depth training in empirically supported treatment options they can immediately incorporate into their clinical practice. Participants are expected to actively engage in class activities and attend both days.

Total CE Credits: 14

Total Contact Hours: 14

Learning Objectives:

Following the training, attendees will be able to:

1. Formulate treatment considerations specific to a military population when utilizing CBT-CP.
2. Evaluate the contribution of opioid medication to a patient's experience of chronic pain.
3. Apply the biopsychosocial model to the process of clinical case conceptualization.
4. Demonstrate a psychological chronic pain-focused clinical interview including biological, physical, and social domains.
5. Use subjective assessment measures to evaluate the patient's experience of pain.
6. Develop treatment goals for pain management using the SMART model.
7. Apply targeted relaxation practice as pain coping strategy.
8. Develop behavioral interventions to target under- and/or over-activity patterns that exacerbate chronic pain.
9. Modify pleasurable activities given realistic pain limitations to increase behavioral activation.
10. Apply cognitive strategies to modify unhelpful pain-related cognitions.
11. Design a plan to address common challenges in implementing CBT-CP with patients.



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

Instructional Content Level: Intermediate

Agenda:

Day One

Check In	8:45am – 9:00am
Introduction & Course Overview	9:00am – 9:15am
Pain: Definitions, Epidemiology, & Related Military Factors	9:15am – 10:30am
Comorbid Psychological Conditions	10:30 am - 11:15am
Break	11:15am - 11:30am
Theories & Models of Pain	11:30am - 12:00pm
Pain Diagnoses	12:00pm - 12:15pm
Evidence Base for CBT-CP & Treatment Structure	12:15pm – 12:45pm
Lunch Break	12:45pm – 1:45pm
Initial Phase of Treatment: Assessment, Case Conceptualization, Goal-Setting, Psychoeducation, Self-Monitoring	1:45pm – 5:30pm (Incl. 15 min. break)

Day Two

Check In	8:45am – 9:00am
Middle Phase of Treatment: Relaxation, Activity Pacing, Behavioral Activation	9:00am – 11:45am (Incl. 15 min. break)
Middle Phase of Treatment: Cognitive Strategies	11:45am – 1:15pm
Lunch Break	1:15pm – 2:15pm
Middle Phase of Treatment: Sleep	2:15pm – 2:30pm
Later Phase of Treatment	2:30pm – 3:00pm
Special Considerations & Role of Motivational Interviewing	3:00pm – 4:30pm (Incl. 15 min. break)
Case Conceptualization Exercise	4:15pm – 5:30pm

** Two 15-minute breaks and 1 hour for lunch on each day



Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. 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 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 14 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 9-10, 2023

Time: 9:00am – 5:30 pm Eastern

Registration Information: Registration is done through event management system Eventbrite, and the link will be provided to prospective attendees via the CDP website.

Registration Deadline: Registration for this training closes one week prior to the training date.

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



to cancel your registration.

Registration Cost/Refunds: \$45

Registration fees will be refunded to participants who send a written cancellation via email to jeremy.karp.ctr@usuhs.edu no less than 2 weeks before the training. No refunds will be made after the training.

Location Information: Training will be held on Zoom, the manager for this training will send the Zoom link prior to the training.

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: 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 at 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:

Diana C. Dolan, PhD, CBSM, DBSM is a clinical psychologist serving as an Assistant Director of Training & Education with the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. Dolan has served at CDP in several capacities since 2012, including in one role as the associate training director of an APA-accredited clinical psychology internship. She currently oversees programs that provide evidence-based training for military-connected patients on a variety of topics. She also develops and presents trainings, 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 served as an active duty psychologist and is a veteran of the U.S. Air Force.

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. She is also a diplomate in Behavioral Sleep Medicine from the Board of Behavioral Sleep Medicine.

Kelly Chrestman, PhD, is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology. She provides training, support and consultation in Cognitive Behavioral Therapy and in the Assessment and Treatment of PTSD.

She works with the team at CDP to find new and better ways to link clinicians with both traditional and innovative resources that will help them implement EBPs more effectively. This includes leveraging computer technology and virtual assets to reach professionals that might otherwise have difficulty accessing high quality training and consultation.

Before coming to CDP, she trained at the National Center for PTSD in Boston, and at the University of Pennsylvania with Dr. Edna Foa. She is a Subject Matter Expert in Prolonged Exposure Therapy for PTSD and has trained numerous students and mental health professionals across the world in techniques for treating PTSD and other anxiety disorders. She also spent several years working closely with Native American Tribes where she focused on adapting evidence-based practice to better meet the needs of traditional Native communities.

She is co-author of the Adolescent PE Manual, *Prolonged Exposure Therapy for Adolescents with PTSD*, and has written about community and professional responses to trauma, particularly domestic violence and sexual assault. She is also a co-developer of the Virtual PTSD Learning Center and Operation Avatar, a game based educational experience about trauma and combat-related PTSD, both hosted in the Second Life Virtual World platform.

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