



Come As You Are: Complex Presentations and Transdiagnostic Approaches

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

May 9, 2024

A Live, Interactive Webinar

Description:

Evidence-based practice (EBP) is “the integration of the best available research with clinical expertise in the context of patient characteristics, culture and preferences” (APA), and the landscape of EBP continues to grow and evolve in an effort to optimize patient care. In real world practice, clinical presentations are often complex and don’t fall neatly into a single diagnostic category. Transdiagnostic approaches enable clinicians to meet patients’ broad needs through evidence-informed practice. The theme of this conference is the application of transdiagnostic approaches to complex presentations and comorbid conditions, with a focus on the similarities and differences between them. Speakers use clinical case studies to illustrate how they conceptualize and plan treatment for clients with comorbid or complicated conditions.

Total CE Credits: 7

Total Contact Hours: 7

Specific Presentation Descriptions:

Keynote: The Relevance of Emotion-Centered Problem-Solving Therapy (EC-PST) for Veteran and Active Duty Populations

Emotion-Centered Problem-Solving Therapy (EC-PST) is an evidenced-based intervention whose conceptual roots are based in social learning theory. It involves teaching people various skill sets geared to foster resilience and adjustment in handling significant stress emanating from problems in living. Clinical treatment goals include managing “cognitive overload,” fostering positive motivation and persistence, overcoming negative emotional reactions, and developing a systematic approach to coping with stress. Recent research and program development efforts have increasingly focused on the use of EC-PST with Veteran and active duty populations. The emphasis of the presentation will be clinical applications of EC-PST, including suicide prevention. We will discuss the clinical components and toolkits that comprise EC-PST as well as the importance of identifying obstacles to personal goals when using the intervention.

Presenter: Arthur Nezu, Ph.D., ABPP & Christine Nezu, Ph.D., ABPP



Presentation 1: Motivational Interviewing and Acceptance and Commitment Therapy: A Panel Discussion of Theoretical and Practical Considerations for Integration

This panel will be a practical and theoretical discussion of experiences and approaches to integrating Acceptance and Commitment Therapy (ACT), a highly theory-driven behavioral intervention and Motivational Interviewing (MI), a style of conversation derived from clinical practice and person-centered counseling and not necessarily a stand-alone behavioral therapy. It will discuss similarities and differences in key concepts within both ACT and MI, including acceptance, values, behavior change, the role of language, and perspective-taking. Panelists will share their experiences working with a range of psychotherapy clients as well as MI learners and discuss how integrating MI and ACT have mutually enhanced and enriched their effectiveness. Questions raised about future directions for transdiagnostic and process-based approaches will also be covered. There will be opportunities for experiential demonstration of ACT and MI together as well as questions from participants.

Presenters: Onna Brewer, Ph.D., Marian Frick Rigsbee, LCSW, MAC, Michelle Drapkin, Ph.D., ABPP

Presentation 2: Massed Delivery of Transdiagnostic Treatment for Military Servicemembers and Veterans

A growing body of evidence supports massed delivery of evidence-based cognitive behavioral therapies (CBTs). While spaced delivery is the conventional paradigm, it can be infeasible due to logistic/financial barriers, varying levels of motivation, and life demands that arise during treatment. Massed delivery treatment mitigates some of these barriers. Current evidence supporting massed delivery of CBTs has investigated disorder-specific protocols; less is known about the feasibility and outcomes of massed delivery of transdiagnostic CBTs. This presentation reviews the rationale for one such treatment, the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (UP) and examines outcomes of one intensive outpatient program using UP within the service member and veteran population. A discussion of the findings will help to increase awareness of treatment models and improve best practices for this population.

Presenters: Mansi Mehta, Ph.D., Julie Chrysoferidis, Ph.D., Natalie Hellman, Ph.D., Andrew Sherrill, Ph.D.

Presentation 3: A Case for Modular Design: Tailoring Therapeutic Approaches in Child Therapy

Varying clinical needs, psychosocial stressors and comorbid diagnoses are frequent occurrences for clinicians who provide mental health treatment to children and adolescents. Because of these factors, there are challenges with implementing evidence-based treatment in pediatric populations. Providers are often left asking “how do I use an evidence-based treatment that focuses on one problem area at a time, when young people do not present to care in that way”. MATCH-ADTC was designed as a modular approach to therapy to prevent clinicians from unintentionally adopting an approach that potentially undermines the impact of best clinical practices (Merry et al., 2020). This presentation will include an overview of the modular design, and specific strategies used in MATCH-ADTC. Case examples and experiential exercises will be used to illustrate concepts.



Presenter: Kristine Heflin, LCSW-C

Presentation 4: Strategy for Change: Using Conceptualization to Drive Evidence Based Treatment Choices in Complex Cases

Using evidence-based treatments is vital for robust recovery from mental health struggles. A common chorus is that evidence-based treatments miss the complexities of the real-world cases and therefore do not translate. In this session, we will review how to use evidence based, high fidelity treatment in the real world by using the case conceptualization, shared decision making and strong strategy for change in the most complex cases including PTSD, psychosis, self-injury, and substance misuse.

Presenter: Aaron Brinen, PsyD

Presentation 5: Treatment of Trauma-Related Nightmares in a Complex Case

Cognitive Behavioral Therapy for Insomnia and Nightmares (CBT-I&N) is an evidence-based treatment for comorbid insomnia and trauma-related nightmares, though few clinicians are trained to provide CBT-I&N, particularly in complex cases. This case presentation will outline how CBT-I&N was used to treat trauma-related nightmares in a young cisgender female adult civilian with a complex presentation. The client sought therapy for nightmares, insomnia, and nocturnal panic attacks, secondary to PTSD. Her complex presentation included anxiety with panic attacks, depression, substance use, restrictive eating, and autism spectrum disorder (requiring support). The presenter will describe the approach to treatment selection, the use of CBT-I&N with the case, and how measurement based care was integrated into the treatment. Outcomes, including clinically significant reductions on symptom measures and the frequency of nightmares and nocturnal panic attacks, will be discussed.

Presenter: Courtney J. Bolstad, Ph.D.

Presentation 6: Treating trauma in high risk, multi-diagnostic clients: The Dialectical Behavior Therapy Prolonged Exposure (DBT PE) protocol for PTSD in action

The Dialectical Behavior Therapy Prolonged Exposure (DBT PE; Harned, 2022) is a treatment for post-traumatic stress disorder (PTSD) that is designed to be added to comprehensive Dialectical Behavior Therapy (DBT), a multi-modal evidence-based treatment for chronically suicidal individuals with severe behavioral dyscontrol and pervasive emotion dysregulation. This presentation will describe the rationale for integrating PTSD treatment into comprehensive DBT, as well as the ways in which the protocol has been adapted from standard prolonged exposure therapy in order to better meet the needs of DBT clients. After describing the principles, structure, and procedures of the DBT PE protocol, a clinical example will be presented.

Presenter: Sara Schmidt, Ph.D.

Learning Objectives:

Following the training, attendees will be able to:



Keynote:

1. Distinguish the four major “toolkits” comprising EC-PST
2. Explain the importance of identifying obstacles to personal goals.

Presentation 1:

1. Compare Motivational Interviewing (MI) and Acceptance and Commitment Therapy (ACT).
2. Explain how the integration of MI and ACT can enhance therapeutic alliance and promote behavior change and personal growth.

Presentation 2:

1. Explain the benefits of massed delivery of evidence-based psychotherapy
2. Evaluate the application of transdiagnostic treatments, specifically Unified Protocol, to veterans and servicemembers

Presentation 3:

1. Distinguish the components of a modular based treatment approach.
2. Apply MATCH-ADTC strategies to tailor treatment to individualized needs

Presentation 4:

1. Analyze the role of evidence based treatments in the strategy for change.
2. Explain the strategy for change to an individual and decide collaboratively the best starting point for treatment.

Presentation 5:

1. Differentiate between two evidence-based treatments for nightmare disorder.
2. Explain how the treatment of nightmares can be used to indirectly reduce symptoms of psychopathology.

Presentation 6:

1. Explain the rationale for integrating PTSD treatment into Dialectical Behavior Therapy (DBT)
2. Demonstrate an understanding of the basic structure, principles, and procedures of the Dialectical Behavior Therapy Prolonged Exposure (DBT PE) protocol for PTSD

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

Instructional Content Level: Introductory/Beginner

Agenda:



**COME AS YOU ARE:
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 Transdiagnostic Approaches**

CDP's 4th Annual Evidence-Based Psychotherapy Conference
 Conference Presentations: May 9, 2024
 Pre-Meeting Institute EBP Workshops, May 7-8, 2024

9:00-9:10	Welcome and Introduction
9:10-10:10	Keynote Address The Relevance of Emotion-Centered Problem-Solving Therapy (EC-PST) for Veteran and Active Duty Populations Arthur Nezu, Ph.D., ABPP and Christine Nezu Ph.D., ABPP
10:10-11:10	Motivational Interviewing and Acceptance and Commitment Therapy: A Panel Discussion of Theoretical and Practical Considerations for Integration Onna Brewer, Ph.D., Marian Frick Rigsbee, LCSW, MAC, & Michelle Drapkin, Ph.D., ABPP
11:10-11:20	Break
11:20-12:20	Massed Delivery of Transdiagnostic Treatment for Military Servicemembers and Veterans Mansi Mehta, Ph.D., Julie Chrysoferidis, Ph.D., Natalie Hellman, Ph.D., & Andrew Sherrill, Ph.D.
12:20-1:20	Lunch/Poster Session
1:20-2:20	A Case for Modular Design: Tailoring Therapeutic Approaches in Child Therapy Kristine Heflin, LCSW-C
2:20-3:20	Principle and Formulation Driven Treatment to Organize Complex Cases and Employ Evidence Based Treatments Aaron Brinen, Psy.D.
3:20-3:30	Break
3:30-4:30	Treatment of Trauma-Related Nightmares in a Complex Case Courtney J. Bolstad, Ph.D.
4:30-5:30	Treating Trauma in High Risk, Multi-Diagnostic Clients: The Dialectical Behavior Therapy Prolonged Exposure (DBT PE) Protocol for PTSD in Action Sara Schmidt, Ph.D.
5:30-5:40	Conclusion

For more information, please contact Project Manager: Jeremy Karp at jeremy.karp.ctr@usuhs.edu

CENTER FOR DEPLOYMENT PSYCHOLOGY UNIFORMED SERVICES UNIVERSITY OF THE HEALTH SERVICES 4301 Jones Bridge Road Bethesda, MD 20814-4799 | www.deploymentpsych.org



**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. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be available to download on CE management system: CE21 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).

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

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

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

Participate:

Online Platform: Zoom

Date: May 9th, 2024

Time: 9:00am – 5:40pm ET

Registration Information: Registration is via CE management system: CE21



Registration Deadline: May 2nd, 2024.

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 able to access the training via their CE21 account.

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 Stanley-Hulsey, via email at amanda.stanley-hulsey.ctr@usuhs.edu.



Instructor Biographies:



Dr. Arthur Nezu, Ph.D.

Arthur M Nezu, PhD, DHL, ABPP is Distinguished University Professor of Psychological and Brain Sciences and Professor of Medicine at Drexel University and the co-developer of EC-PST. He has received numerous awards from various professional associations regarding a lifetime of contributions to clinical psychology and was named a “Pioneer of CBT” by the Association of Behavioral and Cognitive Therapies. He co-developed multiple clinical programs for the VA, DoD, and the U.S. Air Force, and is involved in research evaluating EC-PST to reduce suicide risk among older Veterans. Dr. Nezu is currently Editor-in-Chief of

Clinical Psychology: Science and Practice and previous Editor of the *Journal of Consulting and Clinical Psychology* and previous Associate Editor of the *American Psychologist*. Christine Maguth Nezu, PhD, ABPP is a Professor of Psychological and Brain Sciences and Professor of Medicine at Drexel University and the co-developer of EC-PST. She is a past-president of the American Board of Professional Psychology (ABPP) and has maintained a private practice for over three decades. She has received numerous awards for her clinical, supervision, and research activities and was named a “Pioneer of CBT” by the Association of Behavioral and Cognitive Therapies. She has co-developed multiple clinical programs for the VA, DoD, and the U.S. Air Force.



Dr. Christine Nezu, Ph.D.

Christine Maguth Nezu, PhD, ABPP is a Professor of Psychological and Brain Sciences and Professor of Medicine at Drexel University and the co-developer of EC-PST. She is a past-president of the American Board of Professional Psychology (ABPP) and has maintained a private practice for over three decades. She has received numerous awards for her clinical, supervision, and research activities and was named a “Pioneer of CBT” by the Association of Behavioral and Cognitive Therapies. She has co-developed multiple clinical programs for the VA, DoD, and the U.S. Air Force.



Aaron Brinen, Psy.D.

Aaron P. Brinen, PsyD, is a primary developer of recovery-oriented cognitive therapy (CT-R) along with Aaron T. Beck, MD. Under the guidance of Dr. Beck, Dr. Brinen has worked to formalize and standardize the CT-R protocol for individual and group therapy settings, as well as for use in team-based psychiatric care and during inpatient treatment. He is a co-author of the manual of CT-R for serious mental health conditions, and has been active in the training of community therapists from around the world.



Courtney J. Bolstad, Ph.D.

Dr. Courtney Bolstad is a licensed psychologist and is currently completing a geropsychology postdoctoral fellowship at the South Texas Veterans Health Care System. She received her Ph.D. from Mississippi State University and completed her doctoral internship at the University of Alabama at Birmingham - Birmingham VA Medical Center Consortium (VA Track). Her dissertation examined mechanisms of the relation between dog and/or cat ownership and better sleep. Her clinical and research work focuses on geropsychology and behavioral sleep medicine, particularly the study and treatment of nightmares.



Mansi H. Mehta, Ph.D.

Dr. Mansi Mehta an assistant professor in the department of Psychiatry and Behavioral Sciences at Emory University School of Medicine and a clinical psychologist with the Emory Healthcare Veterans Program. She has extensive experience in the assessment and treatment of trauma and anxiety-related disorders; she is a Prolonged Exposure therapy consultant and a Unified Protocol trainer. Dr. Mehta is particularly interested in training and dissemination of evidence-based treatment for emotional disorders with a focus on exposure therapy.



Julie Chrysosferidis, Ph.D

Dr. Julie Chrysosferidis is currently a second-year postdoctoral fellow at Emory Healthcare Veterans Program. Her clinical expertise includes Prolonged Exposure for PTSD and transdiagnostic approaches for a range of emotion disorders.



Natalie Hellman, Ph.D.

Dr. Hellman received her PhD in Clinical Psychology from The University of Tulsa in Oklahoma and completed her predoctoral internship at the Charleston Consortium in Charleston, South Carolina. Dr. Hellman is passionate about using evidence-based treatments for PTSD, anxiety and mood disorders. This includes exposure, acceptance and commitment and cognitive behavioral-based therapies emphasizing compassion and strength-based treatment styles. Her research interests include the impact of trauma exposure and PTSD on our bodies and minds, specifically chronic pain development and treatment.



Andrew Sherrill, Ph.D.

Andrew M. Sherrill, Ph.D. is an assistant professor in the Department of Psychiatry and Behavioral Sciences and a practicing clinical psychologist at the Emory Healthcare Veterans Program. He is also the program manager of the Emory University Prolonged Exposure Consultant Training Program. Dr. Sherrill's clinical expertise includes Prolonged Exposure for PTSD and exposure-based transdiagnostic approaches such as the Unified Protocol and Acceptance and Commitment Therapy for a range of emotion disorders. His current research aims to understand the ethical development and integration of mHealth, AI, and extended reality technologies that may facilitate exposure therapy implementation.



Khristine Heflin, LCSW-C



Khristine Heflin currently serves as a military behavioral health child social worker with the Department of Defense Child Collaboration Study at the Center for Deployment Psychology. Ms. Heflin assists in the development of evidence-based training for pediatric behavioral health providers who treat military connected children and adolescents. Ms. Heflin has extensive experience as both an adult and child therapist in various settings including forensic, emergency department, psychiatric inpatient, and community mental health. Ms. Heflin is a fierce advocate for family centered care and equitable mental health services.

Sara Schmidt, Ph.D.



Sara Schmidt, PhD, is a licensed clinical psychologist in Washington State where she is in private practice. She is a DBT-Linehan Board of Certification Certified Clinician, and an expert in Dialectical Behavior Therapy (DBT) and the Dialectical Behavior Therapy Prolonged Exposure (DBT PE) protocol for PTSD. Until 2021, she served as the Associate Director of the Trauma and Suicide Research Lab at the Seattle Institute for Biomedical and Clinical Research, part of the VA Puget Sound Health Care System, where she was a Co-Investigator on NIMH-funded research focused on the evaluation and implementation of DBT and DBT PE. Dr. Schmidt has experience providing DBT in a variety of settings, regularly provides professional training and consultation in DBT and DBT PE nationally and internationally, and has published several peer reviewed articles and book chapters on these topics.

Onna Brewer, Ph.D.



Dr. Onna Brewer is a human services psychologist with specialties in clinical psychology and behavioral medicine. She completed her doctoral training at the University of Maryland Baltimore County conducting research and community-based translational work related to processes of behavior change, brief interventions, and improving access to care for underserved communities. Her post-doctoral training and early career included trauma specialization and outpatient care with the Veterans Health Administration where she was also a Motivational Interviewing consultant and regional trainer for the VA's National Evidence-Based Psychotherapy Initiative. She is a member of the international Motivational Interviewing Network of Trainers, the National Register of Health Service Psychologists, the Florida Psychological Association and APA. She currently provides training and consultation for a diverse array of helping professionals and organizations around the world.



Marian Frick Rigsbee, LCSW, MAC

Marian Frick Rigsbee, LCSW, MAC is a clinical social worker from Indianapolis, Indiana. In addition to her private practice, Marian provides training and education in Motivational Interviewing, Acceptance and Commitment Therapy, addictions, co-occurring disorders and related topics. She is a member of the Motivational Interviewing Network of Trainers, the Association for Contextual Behavioral Science, and the National Association of Social Workers.



Michelle Drapkin, Ph.D., ABPP

Dr. Michelle Drapkin has been working in the area of behavior change for over 20 years. She is a board-certified Clinical Psychologist and is the Owner/Director of the CBT Center where she sees patients in her private practice, consults with healthcare tech startups, and delivers trainings and workshops on communication/motivation and health and wellbeing at work and in life. She has previously held roles in industry as a Senior Behavioral Scientist. She also held a national position at the Department of Veterans Affairs and was on faculty at the University of Pennsylvania. She has dedicated her professional career to using psychological research to help people. She is the sole author of *The Motivational Interviewing Path to Personal Change: The Essential Workbook for Creating the Life You Want* from New Harbinger Publications.

**There is no commercial support or conflict of interest to report for these presenters with the exception of the following: Arthur Nezu (book royalties from Springer Publishing Company) and Christine Nezu (book royalties from Springer Publishing Company), Aaron Brinen (book royalties from Guilford Press), Mansi Mehta (consultant with Minneapolis VAMC), & Sara Schmidt (Owner of Middle Path Solutions, PLLC, Trainer & Consultant for Harned Counseling, PLLC, Trainer & Consultant for Behavioral Tech Institute).