



# Military-Connected Couples: Evidence-Based Approaches to Treatment

## Recorded Asynchronous Distance

### **Description:**

This training provides behavioral health providers with information about evidenced-based interventions that can be used with military and veteran couples. It begins with a review of the basic demographics of military couples and a discussion of normative stressors associated with military marriages as well as the impact of deployment on couples. Then three evidence-based couples interventions derived from Dr. John Gottman, Dr. Sue Johnson and other experts are presented with explanation of ways they can be used with military and veteran couples. The training concludes with an exploration of relationship strengths and resilience factors, with an emphasis on promoting resilience in military couples.

**Instructional Format:** This course is a pre-recorded webinar that is available on the Center for Deployment Psychology's website. The participant will watch the full recorded video and take an online post-test

Total CE Credits: 1.5

Total Contact Hours: 1.5

### **Learning Objectives:**

Following the training, attendees will be able to:

1. Compare three evidence-based interventions clinicians can use when working with military-connected couples.
2. Explain three ways to promote strength and resilience in military-connected couples.

**Course Creation Date:** 2/9/24

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

**Instructional Content Level:** Introductory

### **Agenda:**

0h:0m – Begin Military Couples Treatment

Marriage and the Military

Research on Military Couples

Approaches to Treatment



Behavioral Couples Therapy

Gottman Method Couples Therapy

Emotionally Focused Therapy

Discussion

1h:42m End of Training

### **Continuing Education:**

**Course Completion Requirements:** Participants are required to *watch the full recording*, pass the post-test with a 75% or greater score, and complete the post-training evaluation to obtain CE credit. Participants are required to complete the entire training curriculum. Attendance is monitored via the recording's view progress and recorded completion of the post-test. 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-registration to complete all CE requirements. CE Credit Certificates will be made available in the learning management system upon completion after all course requirements have been completed.

Participants are given three opportunities to pass the post-test. Credits will not be given if participants cannot pass with a 75% or greater score after three attempts at the post-test.

### **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 1.5 Live, Recorded 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 [cdp-certificate-ggg@usuhs.edu](mailto:cdp-certificate-ggg@usuhs.edu).

**Participate:**

**Course Website:** [https://deploymentpsych.org/certificate\\_program\\_homestudy](https://deploymentpsych.org/certificate_program_homestudy)

Course recording will be available via the Panopto video hosting website. Post-test and post-training evaluation will be accessible via SurveyMonkey.

**Registration Information:** Registration will be through the CDP website, at [https://deploymentpsych.org/certificate\\_program\\_homestudy](https://deploymentpsych.org/certificate_program_homestudy)

**Registration Deadline:** This course is on-demand and will be readily available.

**Cancellations/Questions:** Please contact the CDP Certificate Program Team, at [cdp-certificate-ggg@usuhs.edu](mailto:cdp-certificate-ggg@usuhs.edu) if you have any questions or need to cancel your registration.

**Registration Cost/Refunds:** Free

**Required Materials:** None

**System Requirements:** To take the course, participants will require a computer with a high-speed Internet connection (Cable modem/fiber optic) and an updated modern web browser, such as Chrome, Firefox, Safari, etc.

**Special Accommodations:** If you require special accommodations due to a disability, please contact the CDP Certificate Program Team, at [cdp-certificate-ggg@usuhs.edu](mailto:cdp-certificate-ggg@usuhs.edu).

**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-Hulseley, via email at [amanda.stanley-hulseley.ctr@usuhs.edu](mailto:amanda.stanley-hulseley.ctr@usuhs.edu).

**Instructor Biographies {if applicable}:**

**April Thompson, LCSW**, is the Assistant Director of Special Projects for the Center for Deployment Psychology (CDP) at the Uniformed Services University in Bethesda, Maryland. In that capacity, she is responsible for coordinating with stakeholders across the Department of Defense to develop trainings in response to identified needs. Prior to joining CDP, she worked for the Office of Secretary of Defense within the Military Community and Family Policy component leading the Department's training efforts on prevention and response to domestic abuse and child abuse.

Ms. Thompson received her Bachelor of Arts degree from Pepperdine University and her Master of Social Work degree from University of Pennsylvania. For over 20 years, she has specialized in work with military members and their families. As both a military spouse and clinical social worker, Ms. Thompson



is deeply committed to ensuring military service members and their families receive evidence-based, high quality behavioral health care. She has provided services to Army, Navy and Marine Corps families on installations within the US and overseas. Her professional expertise focuses on military culture, suicide prevention, couples and family therapy, and prevention of intimate partner violence and child abuse.

\*\*There is no commercial support or conflict of interest to report for this presenter.