Cognitive Behavioral Therapy for Suicide Prevention

March 16-17, 2023

A Live, Interactive Webinar

Description:

This intensive two-day module provides training in the assessment and treatment of suicidal ideation and behavior. Participants will receive in-depth training in cognitive-behavioral therapy for suicide prevention and will have the opportunity to practice assessment and intervention strategies. Video demonstrations and participant role-plays will be used in class to practice key assessment and treatment techniques. The module lays the foundation for working with suicidal patients by providing a detailed review of the epidemiology of suicide both in the civilian population and within the military/Veteran community. Participants will be introduced to the Self-Directed Violence Classification System (SDVCS), a nomenclature supported by the DoD/VA for self-directed violence and suicidal behavior. In addition, a review of several theories of suicide will be covered, as well as risk and protective factors for suicidal behavior. The module is designed for behavioral health providers working with Service members and Veterans who are seeking in-depth training in empirically supported treatment options they can immediately incorporate into their clinical practice. The training will provide hands-on practice activities and is geared toward an actively involved audience through discussion and in workshop activities. Participants must attend both days in their entirety and participate in role-plays and hands-on practice activities, as the course material is cumulative.

Total Credits: 14

Learning Objectives:

Following the training, attendees will be able to:

1. Differentiate between rates of suicide in civilian and military populations and identify the clinical implications of these differences.
2. Categorize suicidal and non-suicidal thoughts and behaviors in relation to clinical assessment.
3. Apply at least one psychological theory of suicide to the process of clinical assessment and treatment planning.
4. Integrate suicide risk and protective factors unique to military populations into overall risk assessment for suicide.
5. Develop a safety plan in collaboration with a patient.
6. Use means safety counseling in patient interactions to improve clinical outcomes.

7. Create a timeline of a patient's suicidal crisis for use in treatment.
8. Evaluate key negative thoughts associated with the intent to die by suicide as related to clinical practice.
9. Apply CBT formulation of suicide using the expanded case conceptualization model of the suicidal crisis.
10. Use cognitive, behavioral, and affective coping strategies associated with CBT-SP to help patients cope with suicide urges.
11. Modify standard behavioral activation practices to be applied within the CBT-SP protocol.
12. Use the guided imagery exercise as part of the relapse prevention protocol for CBT-SP.

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

Instructional Content Level: Intermediate

Agenda:

Day One

1100 – 1130 Epidemiology of Suicide

1130 – 1210 Nomenclature

1210 – 1240 Risk and Protective Factors

1240 – 1255 Theoretical Underpinnings: Interpersonal Psychological Theory of Suicide Risk – Dr. Thomas Joiner

1255 – 1310 Theoretical Underpinnings: Three-Step Theory of Suicide –

       Drs. David Klonsky and Alexis May

1310 – 1325 Break

1325 – 1345 Cognitive Therapy for Suicide Prevention –

       Empirical support for CBT

1345 – 1430 Intro to Cognitive Therapy for Suicide Prevention

       Theory of CBT

       Structure of treatment

       Session structure

1430 – 1500 CBT for Suicide Prevention, Early Phase of Treatment Overview

1500 – 1600 Lunch

1600 – 1625 Fluid Vulnerability Theory

1625 – 1755 CBT for Suicide Prevention, Early Phase of Treatment –

Conducting a suicide risk assessment

Suicide risk continuum

Suicide risk assessment role play

1755 – 1810 Break

1810 – 1840 Narrative Description

1840 – 1915 Constructing a Timeline

1915 – 1930 Questions and Wrap-up

1930 Adjourn

Day Two

1100 – 1110   Check-In and Review of Day 1

1110 – 1210   Crisis Intervention

Safety planning

Crisis response plan

Hope Box

1210 – 1310   Means Safety Counseling

1310 – 1325   Break

1325 – 1400   Means Safety Counseling Role Play

1400 – 1445   Treatment Planning and Cognitive Case Conceptualization

1445 – 1545   Lunch

1545 – 1725   Intermediate Phase of Treatment

Behavioral strategies Coping strategies

Cognitive strategies

1725 – 1740 Break

1740 – 1920 Later Phase of Treatment –

Review and consolidation of skills Relapse prevention

Review of goals and treatment planning

1920 – 1930 Questions

1930 Adjourn

*Please note that agenda times are approximate and subject to change, depending on the needs of the workshop.

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. If you do not wish to complete the evaluation but desire to receive 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 sent via email 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: 5/19/2022 - 5/19/2025. Social workers completing this course receive 14 Live, Interactive Webinar continuing education credits.

Inquiries regarding CE credits may be directed via email to the SLIPS Study Team at slips@usuhs.edu.

Participate:

Online Platform: Second Life
Date: March 16-17, 2023

Time: 1100 – 1930 Eastern

Registration Information: Attendees will be vetted and assigned training based on SLIPS PM. Prospective attendees will need to sign a pre-screen and consent form at www.deploymentpsych.org/SLIPS, and will then be vetted and assigned their training based on the discretion of the SLIPS Project Manager.

Registration Deadline: Registration for this training closes one business day before the final open house.

Cancellations/Questions: Please contact the SLIPS Study Team at slips@usuhs.edu if you have any questions or need to cancel your registration.

Attendance: Please note that role-plays and hands-on activities are part of the attendance requirement for this workshop in order to receive credit. If you miss more than the 30-minute grace period, you will not be eligible for completion status or CE credit.

Required Materials: A functioning microphone is MANDATORY to attend, in order to participate in the role-play sessions. Headphones are also HIGHLY recommended to provide the optimal experience.

Note: cameras are not required. Please see the above attendance requirement.

Location Information: Training will be held via Second Life. For more information on our workshops held in Second Life, please visit our website at the following page:
https://deploymentpsych.org/virtual-provider-training-in-second-life

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:

Second Life:
- High-speed Internet connection, Cable or DSL
- Operating System: Windows 8, 10 or higher, Mac OS X 10.9 or higher
- Hardware: 2 Ghz processor or higher, 1GB RAM or higher
- Graphics Card: Windows - NVIDIA GeForce 6600 or better OR ATI Radeon 9500 or better OR Intel 945 chipset, Mac - ATI Radeon 9200 and above OR NVIDIA GeForce 2, GeForce 4

Second Life is not permitted on networks or internet connections belonging to US military bases or the US Department of Veterans Affairs. Some workplace internet connections will also not permit Second Life. In these instances, we encourage participants to use a home internet connection. Second Life is also incompatible with mobile phones and tablet computers.

Special Accommodations: If you require special accommodations due to a disability, please contact Aric Bowie at aric.bowie.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:

Jeffrey Mann, Psy.D., is a Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) with the Uniformed Services University of the Health Sciences. Dr. Mann provides support Navy mental health training programs and is a Veteran of the United States Air Force (USAF) where he served as a psychologist from 2009 to 2013. In 2013, he deployed to Southwest Asia in support of Operation Enduring Freedom.

Dr. Mann received his bachelor's degree in computer science from DePauw University and his master's and doctorate degrees in clinical psychology from the Adler School of Professional Psychology, Chicago, with a specialization in primary care psychology. He is a 2010 graduate of the Wilford Hall USAF Medical Center Psychology Residency Program.

Dr. Mann's clinical work has focused on the assessment and treatment of trauma-related mental health conditions, anxiety disorders, insomnia and the use of Telebehavioral Health.

Khristine Heflin, MSW, LCSW-C, LCSW, LICSW

Ms. Heflin is a licensed Clinical Social Worker and has been practicing since 2006. Currently, she serves as a Military Child Social Worker with the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences located in Bethesda, MD. In this role, Ms. Heflin works on the Department of Defense Child Collaboration Study and is responsible for identifying best practices for expanding telehealth services to military children and delivering evidenced based training to behavioral health clinicians and community providers caring for military children and families.

Prior to joining CDP, Ms. Heflin has experience working with children, adolescents, and adults providing individual and group therapy, care management and outreach services. Clinical work settings include psychiatric emergency departments, inpatient hospitals, outpatient mental health clinics, forensic and school settings. Her educational background includes a Master's degree in Social Work with a clinical concentration in mental health, families and children from the University of Maryland, Baltimore. Ms. Heflin also obtained a Bachelor's degree in Psychology from the University of Maryland, College Park. She is tri-licensed as an Independent Clinical Social Worker in Maryland, Virginia and Washington, DC.

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