



# **Tier One: Introduction to Military Culture, Families and Deployment**

19 March 2025

A Live, Interactive Webinar

## **Description:**

This training is the first of the three tiers that sets the foundation for becoming a Star Provider and serving military-connected clients through the Star Behavioral Health Providers (SBHP) directory. The day-long training introduces participants to military culture, including the basics of its history, organizational structure, core values, branches of service, mission, and operations, as well as the differences between the active and reserve components. Additionally, considerations for working with military-connected families will be discussed such as identifying unique experiences of military couples, spouses and children, and normative military family life stressors that may inform the experiences and clinical presentation of military-connected clients. The training concludes with an overview of the impact of deployment on service members and families. The unique experiences and psychosocial impact that service members and families face across the deployment cycle are explored as well as ways to support military-connected individuals during each stage of deployment. Tier One highlights the need for engaging with military cultural humility, with an emphasis on educating providers about the factors that may impact mental health practice with military-connected clients. The information and contents of this training have consistent and credible empirical support as documented in the scientific literature (Heward et al., 2024; Blue Star Families, 2024; Office of the Deputy Assistant Secretary of Defense for Military Community and Family Policy, 2023; Maury et al., 2022; Briggs et al., 2020).

Total CE Credits: 6.00

Total Contact Hours: 6.00

## **Learning Objectives:**

Following the training, attendees will be able to:

1. Evaluate the structure and major components of the United States military.
2. Analyze common characteristics of the military population and how they compare to the general population.
3. Appraise elements of the military experience and lifestyle that are integral to military culture
4. Analyze how the unique demands of military service differentiate military families from their civilian counterparts.
5. Evaluate the impact of normative military stressors on military families.
6. Evaluate the impact of separation and deployment stressors experienced throughout the deployment cycle on service members and military families.



7. Analyze challenges that service members face in achieving successful post-deployment reintegration

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

**Instructional Content Level:** Introductory/Beginner

**Agenda:**

**Eastern Time**

*(Please note the correct time for your respective time zone)*

- 1100-1120 *SBHP Overview*
- 1120-1150 *Personal Perspective of Military Culture*
- 1150-1220 *Military Culture: Enhancing Clinical Competence*
- 1220-1230 *Break*
- 1230-1415 *Military Culture (continued)*
- 1415-1515 *Lunch (on your own)*
- 1515-1600 *Military Culture (continued)*
- 1600-1700 *The Military Family Experience*
- 1700-1710 *Break*
- 1710-1820 *Deployment Cycle and Separation Impact: Service Members & Military Families*
- 1820-1830 *Break*
- 1830-1920 *Deployment Cycle (continued)*
- 1920-1930 *Questions and Closing*

**Continuing Education:**

**Course Completion Requirements:** Participants are required to attend the entire training. Partial credits cannot be issued. The SBHP Overview and Personal Perspective of Military Culture portions of the day are not eligible for CE credits. 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 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 6.00 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 SBHP Support at [sbhpsupportggg@usuhs.edu](mailto:sbhpsupportggg@usuhs.edu).

**Participate:**

**Online Platform:** Zoom

**Date:** 19 March 2025

**Time:** 1100 – 1930 Eastern

*Please note the correct time for your respective time zone*

**Attendance Requirements:** Attendees MUST log into the training on an individual computer/device rather than joining as a group using one computer/device. Attendance of the entire day of training is required to receive tier completion. Partial attendance cannot be given.

**Registration Information:** <https://starproviders.org/providers-home/>

**Registration Deadline:** Registration will close one business day before the training begins or when registration capacity has been reached.

**Cancellations/Questions:** Please contact SBHP Support at [sbhpsupport-ggg@usuhs.edu](mailto:sbhpsupport-ggg@usuhs.edu) if you have any questions or need to cancel your registration

**Registration Cost/Refunds:** Free



**Required Materials:** None

**Location Information:** Online via Zoom

**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

Participants will not have to install any additional programs on their computer to take part. However, a web browser is necessary (Mac users, Chrome or Firefox is recommended to minimize tech issues). Participants may test their computer's Zoom capabilities by visiting <http://zoom.us/test>. We recommend all participants test their ability to load Zoom in advance of the training event to ensure there are no technical difficulties the morning of the event.

**Special Accommodations:** If you require special accommodation due to a disability, please contact Ms. Chris Myers at [christina.myers.ctr@usuhs.edu](mailto:christina.myers.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](mailto:amanda.stanley-hulsey.ctr@usuhs.edu)

**Instructor Biographies:**

**Brian Ludden, Ed.D., LMHC, LPC**, is a Military Behavioral Health Counselor at the Center for Deployment Psychology (CDP) within the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, he supports the implementation and expansion of the Star Behavioral Health Providers Program (SBHP), which trains civilian behavioral health providers to effectively support service members, veterans, and their families. This initiative aims to increase the availability of high-quality behavioral health services, particularly for those in the National Guard and Reserve.

A veteran of the United States Army, Brian transitioned from military service after a medical discharge in 2009 and dedicated his career to mental health support for the armed forces and their families. While serving as the Military Connected Student Support Specialist with the School District of Clay County under a Department of Defense Education Activities (DoDEA) grant, he facilitated the placement of Military and Family Life Counselors (MFLC) in local schools to support military-connected students.



Brian earned his Master of Clinical Mental Health Counseling from the University of North Florida in 2012, followed by a Doctor of Education in Educational Leadership from the same institution in 2017. His extensive clinical experience encompasses community mental health, substance abuse treatment, school-based therapy, specialized therapeutic foster care, pediatric and family-based treatment, and private practice. He specializes in treating anxiety, PTSD, and grief, with a focus over the past 11 years on providing care to military service members and their families.

Identifying as a Humanist Therapist, Brian is dedicated to creating a therapeutic environment where clients feel seen, heard, and empowered. He believes in the inherent potential within everyone to grow, heal, and find meaning in their lives.

**Jennifer Phillips, PhD**, is the Assistant Director of Program Evaluation for the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, MD. She first joined the CDP as the Program Evaluator in 2013.

Dr. Phillips graduated from the College of Notre Dame of Maryland (Baltimore, MD) with an interdisciplinary degree in biology and psychology before obtaining her masters and doctoral degrees in medical psychology from the Uniformed Services University of the Health Sciences (USU). Following a two-year postdoctoral research fellowship at the University of Pennsylvania, she served on the psychology faculty at Mount St. Mary's University (MSM), Emmitsburg, MD for five years. Before coming to CDP, Dr. Phillips worked for a government consulting firm where she contributed subject matter expertise to multiple program evaluation efforts of DoD behavioral health programs. She currently holds an adjunct faculty position at USU and continues to contribute to undergraduate, graduate, and professional psychology courses.

In addition to her training and teaching at USU, Dr. Phillips' experience as a military family member and spouse has helped her to cultivate an understanding and appreciation of the unique challenges and benefits of being part of a military family. Dr. Phillips' professional interests include research and evaluation, the roles of learning and biology in determining behavior, and health psychology.

**Heather C. Tompkins, PhD., MS-ATR, LCMHC** is a Military Behavioral Health Psychologist with the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, she provides oversight and fosters collaboration for creative arts related research projects in partnership with the Defense Intrepid Network.

Dr. Tompkins received her BS in comprehensive psychology and art from Troy University, MS in Art Therapy at Florida State University, and post-graduate certification in Substance Abuse Counseling from East Carolina University. She completed an MA and PhD in clinical psychology with a concentration in neuropsychology from Fielding Graduate University. She is a licensed clinical mental health counselor and registered art therapist.

Prior to joining CDP, Dr. Tompkins served as a psychologist at the Department of Veteran Affairs providing assessment and treatment to Veterans with co-occurring substance abuse, mental health, and medical conditions. She has worked across diverse settings in both clinical and non-clinical capacities, including



outpatient/community agencies, state hospitals, and military installations providing counseling, training development and facilitation, and consultation. She is trained in EMDR, Cognitive Processing Therapy, Written Exposure Therapy and Art Therapy. Her education and training have allowed her to work with individuals and groups ranging the lifespan to treat, manage, and cope with persistent and severe mental illness, substance abuse, brain injury, PTSD/trauma, and co-occurring disorders, within and outside of the military community.

Complimentary to her professional roles, being a military spouse has provided a unique perspective to the culture, day-to-day life, and stressors of the military family that further informs her work at CDP. Professional interests include moral injury, biopsychosocialspiritual impacts of military life/culture on military spouses, creative arts therapies, mindfulness, and integrative treatment approaches for co-occurring disorders.

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