



# **Tier Two: Overview of Military Service-Related Behavioral Health Challenges**

June 2, 2025

A Live, Interactive Webinar

## **Description:**

This training is the second of three tiers. Tier Two provides education about specific behavioral health challenges and difficulties that are often associated with military service. Topics include PTSD, sleep disorders, suicide, and ethics. This program content focuses on application of psychological assessment and intervention method for treating military-connected patients who are experiencing these challenges that have consistent and credible empirical support in the scientific literature, as well as ethical guidance that impacts civilian behavioral health clinicians who work with this population (Department of Veterans Affairs & Department of Defense, 2023; Judkins et al., 2020; Kelly, Robbins & Martin, 2019; Ammerman et al., 2020; Anestis et al., 2021).

Total CE Credits: 7.0

Total Contact Hours: 7.0

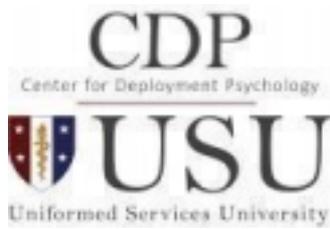
## **Learning Objectives:**

Following the training, attendees will be able to:

1. Integrate appropriate screening measures into the assessment of Insomnia and Obstructive Sleep Apnea.
2. Distinguish between patients who do and do not require a referral to a primary care doctor and/or sleep specialist for sleep concerns.
3. Distinguish between Criterion A traumas and other distressing, aversive events.
4. Screen for PTSD utilizing the PCL-5 with incoming clients.
5. Develop a safety plan for suicide with patients using the seven-step process
6. Apply the principles of lethal means safety counseling when working with patients at risk for suicide
7. Evaluate the definition of ethics and how it relates to the role of the mental health provider.
8. Analyze six (6) ethical challenges common to mental health providers working with the military population.
9. Apply knowledge of the ethical decision-making process to military case examples.

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

**Instructional Content Level:** Intermediate



**Agenda:**

**Eastern Time**

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

9:00 am – 9:15 am	<b>Welcome and Overview</b>
9:15 am - 10:30 am	<b>Screening for Posttraumatic Stress Disorder</b>
10:30 am – 10:45 am	<b>Break</b>
10:45 am – 12:00 pm	<b>Screening Military Members for Sleep Issues</b>
12:00 pm – 1:00 pm	<b>Lunch Break</b>
1:00 pm – 2:15 pm	<b>Addressing Suicide with Military-Connected Patients</b>
2:15 pm – 2:20 pm	<b>Break</b>
2:20pm – 3:50 pm	<b>Ethical Considerations for Working with Military Members and Veterans</b>
3:50 pm – 4:00 pm	<b>Break</b>
4:00 pm – 5:30 pm	<b>Ethics (continued)</b>

**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 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 7.0 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:** June 2, 2025

**Time:** 9:00 am – 5:30 pm 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 as a group using one computer/device. Attendance the entire day of training is required to receive CE credits and tier completion. Partial credit cannot be issued.

**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).

Participant's 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 accommodations 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)

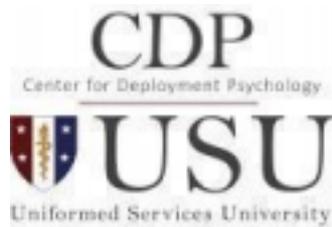
### **Instructor Biographies:**

**Debra Nofziger, Psy.D.,** is a Military Behavioral Health Psychologist and certified Cognitive Processing Therapy Trainer with the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Located in Albany, Oregon, she develops, maintains, and conducts virtual and in-person training related to military deployments, culture, posttraumatic stress, and other psychological and medical conditions Service members and Veterans experience. Dr. Nofziger is the CDP Army POC, providing outreach and support to Army Behavioral Health training programs, behavioral health leadership, and individual military providers.

From 2007 to mid-2020, Dr. Nofziger served as the CDP Military Internship Behavioral Health Psychologist at Brooke Army Medical Center (BAMC) in San Antonio, TX. She assisted with managing multiple behavioral health training programs, including the Clinical Psychology Internship Program, Psychology Residency, Social Work Internship Program, and multiple post-doctoral psychology fellowships.

Dr. Nofziger was an active duty Army psychologist with assignments at BAMC and the U.S. Army School of Aviation Medicine. She was also deployed for a year to Iraq as a Brigade Psychologist with the 4th Infantry Division. Her variety of Active Duty assignments included positions as a staff psychologist in medical settings, at a community behavioral health clinic for soldiers in training, and in an aviation school environment where she was the training director for the Army's Aeromedical Psychology Training Course.

Dr. Nofziger earned her masters and doctorate degrees from Forest Institute of Professional Psychology in Springfield, Missouri. Her interests continue to be providing support to Service members, Veterans and their families through the training of military and civilian medical and behavioral health providers. Her particular interest areas are in the treatment of trauma and moral injury.



**Shantel Fernandez Lopez, Ph.D.**, is a clinical psychologist serving as a Military Behavioral Health Child Psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, she supports a study focused on the identification and enhancement of evidence-based treatment delivery to youth with neurodevelopmental and behavioral health needs via telehealth and tele-education. Dr. Fernandez Lopez also provides Evidence-Based Psychotherapy training. She received her bachelor's degree from the University of Hawaii at Manoa. Her doctoral degree in clinical psychology was earned from the University of Tulsa, Oklahoma. Dr. Fernandez Lopez completed her internship at the Medical University of South Carolina Consortium and postdoctoral fellowship at Tripler Army Medical Center (TAMC).

Prior to joining CDP, Dr. Fernandez Lopez worked at TAMC for 14 years serving in various positions such as the Director of Clinical Training of the Child Psychology Fellowship Program and the Clinical Director of the Early Behavioral Health Team. She also engaged in direct clinical care in private practice, community clinics, and taught university students. Dr. Fernandez Lopez specializes in conduct problems, sleep, and trauma in children. She is a credentialed trainer in Parent Child Interaction Therapy and a trainer/consultant for PracticeWise. Additionally, Dr. Fernandez Lopez is one of the developers of Cognitive Behavioral Therapy for Nightmares in Children.

**Allison Hannah, MSW, LCSW** is a Military Behavioral Health Social Worker for the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She assists in the implementation and expansion of the Star Behavioral Health Providers Program (SBHP). SBHP trains civilian behavioral health providers to work with service members, veterans, and their families. The mission is to expand the availability of high-quality behavioral health services, especially for those in the reserve components.

Allison is a Veteran of the United States Army and United States Army Reserves. During Allison's time in the military from 2003 through 2016, she served in various occupation specialties as a bridgecrew member, chaplain assistant, and most recently as a Human Resources Officer. While serving in the active duty component, Allison deployed to Iraq in support of Operation Iraqi Freedom 09-11. She also held additional duties during her tenure training service members in suicide prevention and as a victim advocate with the Sexual Harassment and Assault Response and Prevention (SHARP) program.

Allison received her Bachelor of Social Work from University of St. Thomas in St. Paul, MN in 2007 and her Master of Social Work from Loyola University Chicago in 2015. Allison is currently pursuing her Doctor of Social Work from the University of St. Thomas in St. Paul, MN.

Allison's previous clinical work includes positions in community mental health, the Iowa City Health Care System in the Homeless Veteran Program and with the Defense Health Agency within the Child and Family Behavioral Health Services section at an active-duty Army base. Allison is trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and is a Registered Play Therapist™ specializing in using evidence-based approaches to address trauma, adjustment and attachment related disorders.



**Jeffrey H. Cook, Ph.D.**, is a clinical psychologist serving as the Director of Training and Education for the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, he oversees the Center's research efforts and program evaluation of the Center's training programs.

Dr. Cook retired from the Navy after 23 years of service in the United States Navy and Marine Corps. Dr. Cook served in various capacities during his military career including Marine reservist, Navy corpsman, and clinical psychologist. As an active duty psychologist, he served as the Mental Health Division Officer in Okinawa, Japan, ship psychologist on the U.S.S. George Washington, and as the Department Head for the Psychological Health and Traumatic Brain Injury Program at NNMC Bethesda, MD. He deployed to Fallujah, Iraq in support of Operation Iraqi Freedom, as well as other brief deployments during his career.

Dr. Cook graduated from the Uniformed Services University of the Health Sciences with a doctorate in clinical psychology and completed a clinical psychology internship at the National Naval Medical Center (NNMC), Bethesda MD. He currently serves as adjunct faculty at USUHS.

Dr. Cook's professional interests include cognitive behavioral therapy, dissemination and implementation of evidence-based treatment approaches, program evaluation, and combat-related PTSD.

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