



## Online Tier Two – July 13-14, 2021

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This training is the second of three tiers. Tier Two provides education about specific challenges and difficulties that are often associated with military service. Topics include sleep disorders, alcohol and substance abuse, military families, PTSD, Traumatic Brain Injury, Suicide and Ethics.

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

**Instructional Level:** Introductory

### Learning Objectives:

Attendees will be able to:

1. Distinguish sleep disorders common to the military population. (SLEEP)
2. Apply strategies to improve assessment practices of common sleep disorders. (SLEEP)
3. Evaluate treatments for sleep disorders common to the military population. (SLEEP)
4. Articulate the mechanisms of brain injury common in a military population. (TBI)
5. Evaluate methods of concussion assessment. (TBI)
6. Propose best intervention practices for providers working with traumatic brain injury. (TBI)
7. Characterize common trends in alcohol and drug use among military versus civilian populations. (Alcohol & Drug Use)
8. Recommend strategies for screening and assessing military clients for substance use disorders. (Alcohol & Drug Use)
9. Prioritize evidence-based treatments for substance use disorders. (Alcohol & Drug Use)
10. Evaluate normative stressors of military family life. (Mil Families)
11. Differentiate the 5 common family resilience domains. (Mil Families)
12. Develop skills to help build resilience in military families. (Mil Families)
13. Communicate three types of PTSD assessment and the goals of each. (PTSD)
14. Choose appropriate assessment tools for each of the three types of PTSD assessment with a military population. (PTSD)
15. Critique evidence-based treatments for PTSD in a military population. (PTSD)
16. Assess the prevalence of suicide in the civilian and military population. (Suicide)
17. Characterize components of risk assessment for suicide with a focus on military specific risk and protective factors. (Suicide)
18. Apply the steps used in developing a safety plan for suicide. (Suicide)
19. Assess the definition of ethics and how it relates to the role of the mental health provider. (Ethics)
20. Analyze five (5) ethical challenges common to mental health providers working with the military population. (Ethics)
21. Implement Gottlieb's model for avoiding dual relationships. (Ethics)
22. Apply knowledge of the ethical decision-making process to military case examples. (Ethics)



**AGENDA:**

**Day One**

9 : 0 0 a m – 9 : 1 5 a m	<b>Welcome and Introductions</b>
9: 15 a m - 11: 15 a m	<b>Sleep Disorders: An Overview of Sleep Disorders Common in Military Members</b>
11: 15 am – 11: 30 am	<b>Break</b>
11: 30 a m – 1: 00 pm	<b>Overview of Traumatic Brain Injury (TBI) in the Military</b>
1: 00 p m – 2: 00 p m	<b>Lunch Break</b>
2: 00 p m – 3: 30 p m	<b>Alcohol and Substance Use within the Military Population</b>
3: 30 p m – 3: 45 p m	<b>Break</b>
3: 45 p m – 5: 15 p m	<b>Building Military Family Resilience</b>
5: 15 p m – 5: 30 p m	<b>Closing and Instructions for Day 2</b>

**Day Two**

9: 00 a m - 11: 00 a m	<b>Assessment and Treatment of PTSD</b>
11: 00 am - 11: 15 am	<b>Break</b>
11: 15 a m - 1: 15 pm	<b>Addressing Suicide with Military-Connected Patients</b>
1: 15 p m – 2: 15 p m	<b>Lunch Break</b>
2: 15 p m – 4: 15 p m	<b>Ethical Considerations for Working with Military Members and Veterans</b>
4: 15 p m – 4: 30 p m	<b>Break</b>
4: 30 p m – 5: 30 p m	<b>Ethical Considerations (<i>continued</i>)</b>
5: 30 p m – 5: 45 p m	<b>Closing and CE Evaluation</b>



## **Location Information**

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**Online Platform:** Zoom

**Date:** July 13-14, 2021

**Time:** 9:00am – 5:30pm Eastern

## **Participate**

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**Registration Information:**

<https://militaryfamily.secure.force.com/Tier2RegistrationForm?sState=Online>

**Cost/Refunds:** Free

**Participation:**

Attendees must attend both days of training in their entirety to earn credit, and they must participate using a separate computer rather than joining a group of people viewing via one machine to acquire credit for attendance.

**Special Accommodations:**

If you require special accommodations due to a disability, please contact Katie Medina at [katie.medina.ctr@usuhs.edu](mailto:katie.medina.ctr@usuhs.edu) 4 weeks prior to the training so that we may provide you with appropriate service.



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## Presenters

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**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.

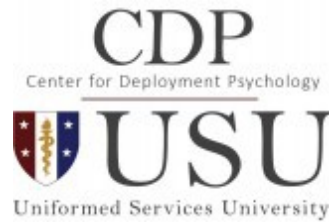
From 2007 to mid-2020, Dr. Nofziger served as the CDP Military Internship Behavioral Health Psychologist at Brooke Army Medical Center (BAMC) in San Antonio, TX. She assisted with managing multiple behavioral health training programs, including the Clinical Psychology Internship Program, Psychology Residency,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

**Timothy Rogers, PhD.**, is currently employed by the Henry Jackson Foundation as an Assistant Director for Training and Education at the Uniformed Services University of Health Sciences Center for Deployment Psychology. He is responsible for managing the development, delivery, and evaluation of a range of clinical training and research programs, and serves as a subject matter expert/trainer.

Dr. Rogers received his Ph.D. in 2009 in Counseling Psychology at the University of Akron. He completed his Clinical Psychology Residency at Wilford Hall Medical Center and served over six years as an active duty psychologist and deployed in support of Operation Enduring Freedom. Dr. Rogers also served for six years as the Associate Program Director for the USAF Clinical Psychology Internship at Wilford Hall in San Antonio Texas. Research interests include help-seeking behaviors, PTSD and insomnia treatment, and training in health service psychology. Dr. Rogers currently serves as an APA accreditation site visitor for DoD and VA Clinical Psychology Internships, and recently started a graduate program focused on how best to train and develop healthcare professionals and educators.



## **Continuing Education**

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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.

The Center for Deployment Psychology offers attendees 13.5 credit hours for participation in this training. Participants attending events in person are required to sign-in at the start of the training and sign-out at the conclusion of the training in order to attain CE credit. Participant attendance data will be collected electronically during webinars. There is a 30-day time limit post-training to complete all CE requirements. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Katie Medina at [katie.medina.ctr@usuhs.edu](mailto:katie.medina.ctr@usuhs.edu).

The CEs provided by the American Psychological Association are acceptable for most licensed professionals when renewing their license and it is our experience that APA CE credits have been recognized by most professional state license boards. However, please check with your board regarding the acceptability of APA CE credits for this activity.