



(TPRD) Tricare Provider Readiness Designation

Descriptions Home Study components Recorded Webinars:

(TPRD) Military Culture: Enhancing Clinical Competence

Actual Time 1 Hour 52 Minutes.

This training module is for civilian mental health providers who want to develop a better understanding about how the military works and who comprises the armed forces. It provides an overview of military culture to include basics about its history, organizational structure, core values, branches of the service, mission, and operations, as well as the differences between the active and reserve components. Participants acquire greater competency in working with Service members by learning military culture and terminology, and by discussing how aspects of the military culture impact behaviors and perspectives.

(TPRD) Prolonged Exposure Therapy for Service Members and Veterans: An Overview

Actual Time 1 Hour.

Most individuals who have been exposed to a potentially traumatic event, such as sexual assault/abuse, physical assault/abuse, natural disasters, motor vehicle accidents, and combat, are able to recover naturally. Others, however, get "stuck" at some point during the recovery process and develop post-traumatic stress disorder (PTSD). Understanding how PTSD develops after a trauma and applying evidence-based treatment techniques to reduce or eliminate PTSD symptoms is critical area of competence for clinicians who serve trauma survivors. In this course, you will be introduced to one of the most effective treatments for individuals who have PTSD, called Prolonged Exposure therapy (PE).

(TPRD) Assessment and Treatment of Depression in Military Service: An Overview

Actual Time 1 Hour 1 Minute.

This training module outlines the rates of depression in the civilian, military, and veteran population and provides information about the prevalence and etiology of depression. Information related to the stigma associated with depressive issues is addressed. Strategies for screening and assessing depression are included, and specific psychometric tools are provided. Treatments consistent with the VA/DoD Clinical Practice Guidelines to address depression are provided, with emphasis given to Cognitive and Behavioral Therapy. Finally, a brief overview of the six VA/DoD recommended treatment protocols is discussed, with information and resources for obtaining more comprehensive knowledge and training.



SCORM BASED

(TPRD) CPT - An Introduction to Cognitive Processing Therapy

Estimated: 1 Hour 2 Minutes to Complete.

Cognitive Processing Therapy (CPT) is a short-term, evidence-based psychotherapy for PTSD (Resick, Monson, & Chard, 2016). CPT is considered to be a first-line treatment for service members and veterans diagnosed with PTSD according to the VA/DoD Guideline for the Management of Posttraumatic Stress (2017). This introductory course provides an overview of the empirical support for CPT, the key theoretical concepts upon which CPT is based, and the main interventions included in the CPT protocol. Information regarding additional training requirements for therapists who wish to offer CPT is provided.

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

Level of Programming: Intermediate

Learning Objectives:

- (Military Culture) Characterize the structure and major components of the United States military.
- (Military Culture) Articulate common characteristics of the military population and how they compare to the general population.
- (Military Culture) Substantiate the importance of a distinct culture to the military.
- (Military Culture) Appraise elements of the military experience and lifestyle that are integral to military culture.
- (Prolonged Exposure) Characterize the psychological theories behind PE as they relate to case conceptualization
- (Prolonged Exposure) Evaluate the empirical evidence for PE's effectiveness as it relates to treatment outcomes
- (Prolonged Exposure) Communicate the main treatment techniques used in PE to inform the clinician's choice of treatment interventions
- (CPT) Characterize the psychological theories behind CPT
- (CPT) Appraise the empirical evidence for CPT's effectiveness
- (CPT) Communicate an overview of the CPT protocol
- (Depression) Communicate the prevalence of depression in the military population.
- (Depression) Articulate the negative consequences of the stigma associated with depression.
- (Depression) Appraise strategies for screening and assessing military clients for depression.
- (Depression) Discriminate effective therapies for treating military clients with depression.



Agenda and Attendance Monitoring Policy

Attendance is monitored and reported through our Learning Management System, CE21 and is required to be viewed, read, or experienced in its entirety.

Participants will be able to begin work on asynchronous material after registration through CE21. Participants will be able to complete material at their own pace. Participants will have 30 days to complete self-paced content.

Estimated activity times:

Completion of the full (TPRD) Tricare Provider Readiness Designation course (4 activities) is estimated to take approximately 4 Hours 55 Minutes. Estimated activity times for the components are:

- 3 videos totalling 3 Hours 53 Minutes of viewing content.
- There is one point click SCORM based course that is estimated at 1 Hour 2 Minutes. Completion time for the SCORM course was determined by obtaining the mean activity completion time from a sample of doctoral level learners.

Participate

Asynchronous curriculum components are provided through CE21, and consist of on-demand videos, and a CPT interactive point click course.

Content must be viewed, read, or completed in its entirety to meet time tracking requirements.

After each video and activity, participants have 3 attempts to complete a quiz and receive a passing grade of 75% to satisfy the completion requirement. An evaluation will be required for completion of the program as a separate item from the quizzes.



Presenters

Recorded Presenters:

Military Culture

Jenna Ermold, Ph.D., is a clinical psychologist working as the Assistant Director of Online Programs for the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Her responsibilities include developing online training materials for behavioral health clinicians to improve competency in working with military members and their families. She is a graduate of the Malcolm Grow (USAF) Medical Center Psychology Residency Program and served on active duty as a psychologist in the United States Air Force from 2002 to 2006.

Dr. Ermold graduated from Middlebury College with a degree in psychology and English and received her doctorate in clinical psychology from the University of Vermont. She specializes in health psychology, behavioral health integration into primary care, women's reproductive behavioral health, posttraumatic stress disorder, and military psychology.

Prolonged Exposure

Kelly Chrestman, Ph.D., is a licensed clinical psychologist working as the lead for online consultation services at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, she is responsible for the development of the CDP's web based consultation services to DoD and military mental health providers.

Dr. Chrestman received her Bachelor of Arts degree from Rhodes College, Memphis, Tennessee and her Master of Arts and Doctor of Psychology degrees from Nova Southeastern University. She completed a clinical psychology internship at the University of Mississippi, Jackson VA Medical Center Consortium and postdoctoral training at the Women's Health Sciences Division of the National Center for PTSD, Boston, Massachusetts. Prior to joining the CDP, she was a research scientist at Behavioral Tech Research, Inc. and a clinical psychologist at the Center for the Treatment and Study of Anxiety at the University of Pennsylvania.

As a clinical and research psychologist, much of Dr. Chrestman's work has focused on trauma, violence and anxiety. She is particularly interested in the dissemination of empirically supported treatments, and using technology to improve the accessibility of treatment and training in community settings. She has trained numerous student and mental health professionals from the United States and other countries in techniques for treating PTSD and other anxiety disorders.



Dr. Chrestman is a co-author of *Prolonged Exposure Therapy for Adolescents with PTSD: Emotional Processing of Traumatic Experiences* (2008) and has authored several articles on community and professional responses to trauma, particularly domestic violence and sexual assault.

Depression

Sharon Birman, Psy.D., is a CBT trainer working with the Military Training Programs at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She joined the CDP in 2014 after completing her postdoctoral fellowship at Harbor-UCLA Medical Center, where she was actively involved in CBT and DBT intervention, supervision and education. She completed her predoctoral internship at Didi Hirsch Mental Health Center, focusing her training suicide prevention and evidence-based interventions for the treatment of individuals with severe, chronic mental illness.

Dr. Birman received her bachelor's degree in psychology from the University of Southern California and her master's and doctorate degrees in clinical psychology from Pepperdine University.

Her professional interests are in the areas of intervention and treatment planning for severe and chronic mental illness, suicide prevention, social justice, multicultural and diversity issues in therapy. She has received intensive training in CBT and DBT in a variety of contexts, including hospital setting, community mental health centers, Veterans Affairs and within an applied research lab. She has also received training in Prolonged Exposure Therapy (PE), Cognitive Processing Therapy (CPT), Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Analysis System of Psychotherapy (CBASP), among other therapeutic modalities. She is certified in Interpersonal Psychotherapy (IPT), Applied Suicide Intervention Skills (ASIST), and Brief Response to Crisis (BRC).

Depression

Laura J. Copland, MA, LCMHC, is a PTSD Treatment Trainer, with a focus on Cognitive Processing Therapy, at the Center for Deployment Psychology at Uniformed Services University of the Health Sciences in Bethesda, MD. She received her Master of Arts degree in Counseling Psychology from Antioch University New England in 1989.

Prior to joining the CDP staff, Ms. Copland directed, designed, and implemented state programs to assist active duty Service Members, Veterans and their families during and post-deployments, including Maryland National Guard Outreach and Maryland's Commitment to Veterans. She has trained both military and civilian professionals on working effectively with military behavioral health issues. Ms. Copland has more than 20 years of direct service experience working with military Veterans and other survivors of trauma and acute and post-traumatic stress issues. Additionally, Ms. Copland was a Senior Adjunct Professor for 5 years in the Antioch University graduate psychology department.



Ms. Copland was awarded the State of Maryland Meritorious Civilian Service Medal by the Maryland Army National Guard for her work in the design and implementation of the Reintegration/Yellow Ribbon Program for all returning Maryland veterans and their families.

CPT

Andrew Santanello, Psy.D is a licensed, clinical psychologist and CBT trainer at the Center for Deployment Psychology. Dr. Santanello joined CDP after over a decade of service in the Veterans Health Administration where he was a staff psychologist in the Trauma Recovery Program. In addition to providing direct services to Veterans, Dr. Santanello also served in several leadership positions including Team Leader for the Serving Returning Veterans-Mental Health Program, Program Manager for the PTSD/SUD Psychosocial Residential Rehabilitation Program, and Evidence Based Psychotherapy coordinator during his time in the VHA. Dr. Santanello is a National Cognitive Processing Therapy (CPT) trainer. Professional interests include Evidence-Based Psychotherapy (specifically CPT, PE, CBT-D), provider resilience, and mindfulness-based interventions.

Continuing Education

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 4.75 credit hours for participation for these components of the Tricare Provider Readiness Designation. Participants must complete an evaluation and receive a passing grade of 75% on all post-tests in order to receive credits for this home study program. Completion of content will be monitored by CE21. All asynchronous content must be completed in its collective entirety to achieve CEs. Participants will have 30 days after registration to complete all CE requirements. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Micah Norgard, at micah.norgard.ctr@usuhs.edu

CEs provided by American Psychological Association sponsors are acceptable for most licensed professionals when renewing their license and it is our experience that these CE credits have been recognized by most professional state license boards.