

# **Cognitive Behavioral Therapy for Suicide Prevention**

**April 25-26, 2024**  
**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 workshop activities. Participants must attend both days, as the course material is cumulative. (Bryan et al., 2020; Bush et al., 2014; Petrosky et al., 2018; Rojas et al., 2020; Wenzel, A. 2017)

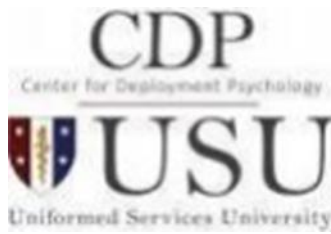
Total CE Credits: 14.0

Total Contact Hours: 14.0

## **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:**

**Eastern Time**

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

**Day 1**

1100 – 1115 Course Introduction

1115 – 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 –

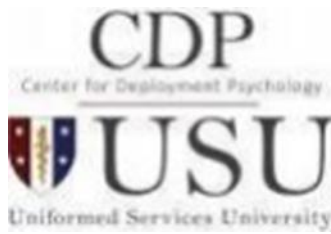
Conducting a suicide risk assessment

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 2**

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

## **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 14.0 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:** April 25-26, 2024

**Time:** 0900 – 1730 Eastern

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

**Attendance Requirements:** Attendees MUST log into the training via an individual connection rather than as a group using one computer/device. Additionally, a **functioning microphone** is **MANDATORY** to attend this training, to allow for participation in role-play activities. Headphones are **HIGHLY** recommended for the optimal experience. Attendance on both days in their entirety 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 [sbhpsupportggg@usuhs.edu](mailto:sbhpsupportggg@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+, Safari7+
- 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 Milochik, via email at [Amanda.milochik.ctr@usuhs.edu](mailto:Amanda.milochik.ctr@usuhs.edu).

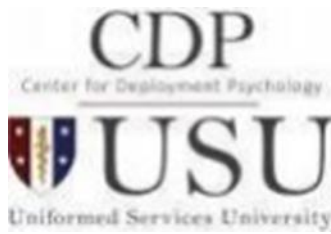
**Instructor Biographies:**

**Jeffrey Mann, Psy.D.**, is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) with the Uniformed Services University of the Health Sciences. Dr. Mann is an SME and trainer in Cognitive Behavioral Therapy for Suicide Prevention (CBT-SP) as well as Cognitive Processing Therapy (CPT). He 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 University, 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.

**April Thompson, LCSW**, is the Assistant Director of Special Projects for the Center for Deployment Psychology (CDP) at the Uniformed Services University in Bethesda, Maryland. In that capacity, she is responsible for coordinating with stakeholders across the Department of Defense to develop trainings in response to identified needs. Prior to joining CDP, she worked for the Office of Secretary of Defense within the Military Community and Family Policy component leading the Department's training efforts on prevention and response to domestic abuse and child abuse.

Ms. Thompson received her Bachelor of Arts degree from Pepperdine University and her Master of



Social Work degree from the University of Pennsylvania. For over 20 years, she has specialized in working with military members and their families. As both a military spouse and clinical social worker,

Ms. Thompson is deeply committed to ensuring military service members and their families receive evidence-based, high quality behavioral health care. She has provided services to Army, Navy and Marine Corps families on installations within the US and overseas. Her professional expertise focuses on military culture, suicide prevention, couples and family therapy, and prevention of intimate partner violence and child abuse.

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