



# **Cognitive Behavioral Therapy for Suicide Prevention**

February 6-7, 2024

A Live, Interactive Webinar

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## **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**

0900 – 0915	Course Introduction
0915 – 0930	Epidemiology of Suicide
0930 – 1010	Nomenclature
1010 – 1040	Risk and Protective Factors
1040 – 1055	Theoretical Underpinnings: Interpersonal Psychological Theory of Suicide Risk –Dr. Thomas Joiner
1055 – 1110	Theoretical Underpinnings: Three-Step Theory of Suicide – Drs. David Klonsky and Alexis May
1110 – 1125	Break
1125 – 1145	Cognitive Therapy for Suicide Prevention – Empirical support for CBT
1145 – 1230	Intro to Cognitive Therapy for Suicide Prevention Theory of CBT Structure of treatment Session structure
1230 – 1300	CBT for Suicide Prevention, Early Phase of Treatment – Overview
1300 – 1400	Lunch
1400 – 1425	Fluid Vulnerability Theory
1425 – 1555	CBT for Suicide Prevention, Early Phase of Treatment – Conducting a suicide risk assessment Suicide risk continuum Suicide risk assessment role play
1555 – 1610	Break
1610 – 1640	Narrative Description
1640 – 1715	Constructing a Timeline
1715 – 1730	Questions and Wrap-up
1730	Adjourn



## **Day 2**

0900 – 0910	Check-In and Review of Day 1
0910 – 1010	Crisis Intervention <ul style="list-style-type: none"><li>Safety planning</li><li>Crisis response plan</li><li>Hope Box</li></ul>
1010 – 1110	Means Safety Counseling
1110 – 1125	Break
1125 – 1200	Means Safety Counseling Role Play
1200 – 1245	Treatment Planning and Cognitive Case Conceptualization
1245 – 1345	Lunch
1345 – 1525	Intermediate Phase of Treatment <ul style="list-style-type: none"><li>Behavioral strategies</li><li>Coping strategies</li><li>Cognitive strategies</li></ul>
1525 – 1540	Break
1540 – 1720	Later Phase of Treatment – <ul style="list-style-type: none"><li>Review and consolidation of skills</li><li>Relapse prevention</li><li>Review of goals and treatment planning</li></ul>
1720 – 1730	Questions
1730	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 [sbhpsupport-ggg@usuhs.edu](mailto:sbhpsupport-ggg@usuhs.edu).

**Participate:**

**Online Platform:** Zoom

**Date:** February 6-7, 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 exercises. 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 [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 Milochik, via email at [Amanda.milochik.ctr@usuhs.edu](mailto:Amanda.milochik.ctr@usuhs.edu).

### **Instructor Biographies:**

**Marjorie Weinstock, Ph.D.,** is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences (USU) in Bethesda, Maryland. She joined the CDP in 2009 as a Deployment Behavioral Health Psychologist at the Naval Medical Center San Diego. Prior to joining the CDP, Dr. Weinstock spent three years working for the Navy's Fleet & Family Support Program, where she provided counseling services to military members and their families.

Dr. Weinstock is a graduate of Emory University and received her doctorate in Counseling Psychology from the University at Buffalo. She completed her internship at the Brockton, Massachusetts VA Medical Center and a two-year postdoctoral fellowship in clinical research and addictive disorders at the Brown University Training Consortium.

As the spouse of a recently retired service member, Dr. Weinstock has a first-hand understanding of the demands of military service on the family. In her current role she is engaged in the development and presentation of trainings for behavioral health clinicians to improve their competency in working with both service members and their families. Her professional interests include deployment-related mental health issues, cognitive behavioral therapy, suicide prevention, and the impact of military life on the family.

**Khristine Heflin, MSW, LCSW-C, LCSW, LICSW** is a licensed Clinical Social Worker and has been practicing since 2006. Currently, she serves as a Military Child Social Worker with the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences located in Bethesda, Maryland. In this role, Ms. Heflin works on the Department of Defense Child Collaboration Study and is responsible for identifying best practices for expanding telehealth services to military children and delivering evidenced based training to behavioral health clinicians and community providers caring for military children and families.

Ms. Heflin has experience working with children, adolescents, and adults providing individual and group therapy, care management and outreach services. Clinical work settings include psychiatric emergency



departments, inpatient hospitals, outpatient mental health clinics, forensic and school settings. Her educational background includes a master's degree in social work with a clinical concentration in mental health, families and children from the University of Maryland, Baltimore. Ms. Heflin also obtained a bachelor's degree in psychology from the University of Maryland, College Park. She is tri-licensed as an Independent Clinical Social Worker in Maryland, Virginia and Washington, DC.

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