



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

March 13, 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 methods for treating military-connected patients who are experiencing these challenges that have consistent and credible empirical support in the scientific literature, as well as on 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. Distinguish between Criterion A traumas and other distressing, aversive events.
2. Screen for PTSD utilizing the PCL-5 with incoming clients.
3. Integrate appropriate screening measures into the assessment of Insomnia and Obstructive Sleep Apnea.
4. Distinguish between patients who do and do not require a referral to a primary care doctor and/or sleep specialist for sleep concerns.
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	Welcome and Overview
9:15 am - 10:30 am	Screening for Posttraumatic Stress Disorder
10:30 am – 10:45 am	Break
10:45 am – 12:00 pm	Screening Military Members for Sleep Issues
12:00 pm – 1:00 pm	Lunch Break
1:00pm – 2:15 pm	Addressing Suicide with Military-Connected Patients
2:15 pm – 3:45 pm	Ethical Considerations for Working with Military Members and Veterans
3:45 pm – 4:00 pm	Break
4:00 pm – 5:30 pm	Ethics (continued)

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.

Participate:

Online Platform: Zoom

Date: March 13, 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 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).

Participants 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 accommodation due to a disability, please contact Ms. Chris Myers at 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

Instructor Biographies:

Paula Domenici, Ph.D., is one of the Directors of Training and Education at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences (USUHS) in Bethesda, Maryland. She manages and implements CDP training programs for enhancing mental health providers' knowledge of military culture and evidence-based treatments to help address the unique needs of military members, veterans and their families. This includes helping to oversee Star Behavioral Health Providers (SBHP), a training and referral program developed with the Military Family Research Institute at Purdue University, that is expanding Army and Air National Guard members' access to behavioral health care from trained civilian providers across the country. She also presents workshops to clinicians on military-related behavioral health topics. Dr. Domenici specializes in trauma and the treatment of PTSD using Prolonged Exposure Therapy. When she first joined CDP in 2006, she worked at the National Naval Medical Center in Bethesda, Maryland in the outpatient clinic and inpatient casualty care unit. Earlier in her career, she was an APA Congressional Fellow in Washington, DC, as well as a Staff Psychologist at the San Francisco VA Medical Center in California.



Carin M. Lefkowitz, Psy.D., is a clinical psychologist and Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Dr. Lefkowitz earned her M.A. and Psy.D. in clinical psychology at Widener University, with a concentration in cognitive-behavioral therapy.

Prior to joining the CDP, she served as a psychologist at the Philadelphia VA Medical Center. In this capacity, she provided individual and group psychotherapy with a focus on evidence-based treatments for PTSD and insomnia. She also served as a clinical supervisor to Vet Center clinicians, psychology interns, and practicum students at the Medical Center. Dr. Lefkowitz was a therapist on studies of evidence-based treatments for insomnia and traumatic nightmares and coordinated the Medical Center's Cognitive Processing Therapy program.

Dr. Lefkowitz has published peer-reviewed articles on prolonged exposure treatment for PTSD and innovative training options in sleep disorders. She is an Assistant Professor in the Department of Medical and Clinical Psychology at USUHS and maintains an adjunct instructor appointment with the Institute for Graduate Clinical Psychology at Widener University. She was previously an adjunct instructor in Chestnut Hill College's graduate psychology program and a Clinical Associate of the University of Pennsylvania's department of psychiatry.

Brian Ludden, Ed.D., LMHC, LPC, is a Military Behavioral Health Counselor at the Center for Deployment Psychology (CDP) within the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, he supports the implementation and expansion of the Star Behavioral Health Providers Program (SBHP), which trains civilian behavioral health providers to effectively support service members, veterans, and their families. This initiative aims to increase the availability of high-quality behavioral health services, particularly for those in the National Guard and Reserve.

A veteran of the United States Army, Brian transitioned from military service after a medical discharge in 2009 and dedicated his career to mental health support for the armed forces and their families. While serving as the Military Connected Student Support Specialist with the School District of Clay County under a Department of Defense Education Activities (DoDEA) grant, he facilitated the placement of Military and Family Life Counselors (MFLC) in local schools to support military-connected students.

Brian earned his Master of Clinical Mental Health Counseling from the University of North Florida in 2012, followed by a Doctor of Education in Educational Leadership from the same institution in 2017. His extensive clinical experience encompasses community mental health, substance abuse treatment, school-based therapy, specialized therapeutic foster care, pediatric and family-based treatment, and private practice. He specializes in treating anxiety, PTSD, and grief, with a focus over the past 11 years on providing care to military service members and their families.

Identifying as a Humanist Therapist, Brian is dedicated to creating a therapeutic environment where clients feel seen, heard, and empowered. He believes in the inherent potential within everyone to grow, heal, and find meaning in their lives.



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, as 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.**