



# **Military-Connected Couples: Evidence-based Approaches to Treatment and an Intervention Model for Treating Infidelity**

12/13/2021

A Live, Interactive Webinar

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## **Description:**

This training is a combination of two modules from our Couples Webinar Series. The first half of the training provides active duty and civilian mental health providers with information about evidenced-based interventions that can be used with military and veteran couples. It begins with a review of the basic demographics of military couples and a discussion of normative stressors associated with military marriages as well as the impact of deployment on couples. Then three evidence-based couples interventions derived from Dr. John Gottman, Dr. Sue Johnson and other experts are presented with explanation of ways they can be used with military and veteran couples. This module concludes with an exploration of relationship strengths and resilience factors, with an emphasis on promoting resilience in military couples. The second half of the training provides active duty and civilian mental health providers with an overview of Dr. Douglas Snyder's three-stage model for treating infidelity. This module begins by defining behaviors that constitute an affair and then explores issues which may be specific to military couples. Next, the three-stage model is introduced along with tasks to be accomplished during therapy and treatment goals for each stage.

## **Learning Objectives:**

Following the training, attendees will be able to:

- Specify three evidence-based interventions clinicians can use when working with military-connected couples
- Explore ways to promote strength and resilience in military-connected couples
- Characterize the three stages of Dr. Douglas Snyder's model for treating infidelity
- Explore two interventions behavioral health providers can use with military couples to contain emotional turmoil following discovery or disclosure of an affair

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

**Instructional Content Level:** Introductory/Beginner

## **Agenda:**



## **2021 Military-Connected Couples: Elements of the Assessment Process and Intimate Partner Violence: An Overview of Assessment and Response with Military-Connected Clients**

9:30 am - 10:00 am	<b>Zoom Meeting Room Prep</b>
10:00 am - 10:10 am	<b>Welcome and Introductions</b>
10:10 am - 10:40 am	<b>Research on military-connected couples</b>
10:40 am - 11:10 am	<b>Couples counselling treatment approaches</b>
11:10 am - 11:45 am	<b>Building skills and promoting resilience</b>
11:45 pm - 12:00 pm	<b>Treatment Module Q &amp; A</b>
12:00 pm - 12:15 pm	<b>Break</b>
12:15 pm - 12:25 pm	<b>Infidelity Module Introduction</b>
12:25 pm - 12:55 pm	<b>Incidence and impact of affairs in military-connected couples</b>
12:55 pm - 1:25 pm	<b>Stage 1: Dealing with the initial impact of the affair</b>
1:25 pm - 2:00 pm	<b>Stages 2 &amp; 3: Understanding the affair and moving forward</b>
2:00 pm - 2:15 pm	<b>Closing &amp; Q &amp; A</b>

**\*\*Four hours of instruction time with a 15-minute break**

### **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 CE credits. There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be made available via CE21 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, 2021 – May 19, 2022. Social workers completing this course receive 4 Live, Interactive Webinar continuing education credits.

Inquiries regarding CE credits may be directed via email to Jeremy Karp at [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu).

### **Participate:**

**Online Platform:** Zoom

**Date:** 12/13/2021

**Time:** 10:00 am – 2:15 pm Eastern

**Registration Information:** Registration is done through event management system CE21, a registration link can be found on CDP upcoming trainings page.

**Registration Deadline:** Registration for this training closes one week prior to the training date.

**Cancellations/Questions:** Please contact [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu) if you have any questions or need to cancel your registration.

**Registration Cost/Refunds:** The cost for this training is \$20. Registration fees will be refunded to participants who send a written cancellation via email to [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu) no less than 4 weeks before the training. No refunds will be made after the training.

**Location Information:** Training will be held in 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

**Special Accommodations:** If you require special accommodations due to a disability, please contact Jeremy Karp at [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.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 the Lead, Military Families & CBT for Depression at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences 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 State University of New York-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 a military spouse, Dr. Weinstock has a first-hand understanding of the demands of military service on the family. Her professional interests include deployment related mental health issues, the assessment and treatment of PTSD and depression, and the impact of military life on the family.

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Christy Collette, LMHC is a Program Associate for the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, she is coordinating the expansion of the Star Behavioral Health Providers into new states across the nation. SBHP trains civilian behavioral health providers to work with Service members, veterans and their families. The mission is to expand the availability of high quality behavioral health services, especially to those in the reserve component.

Prior to coming to CDP, Christy worked at the Military Family Research Institute at Purdue University. In this capacity, she worked on the SBHP program and implemented the program in a few states. She worked extensively with local, state, and national organizations to better serve the military population in Indiana. She also coordinated the Battlemind to Home Summit in Indiana which is a collaborative conference with the Richard L. Roudebush VA Medical Center. This summit brings to together over 300 professionals from around the state and provides educational opportunities on topics such as community engagement, legal services, and health care for the military and veteran population.

Christy received her bachelor's and master's degrees from Ball State University. She is a licensed mental health counselor and maintained private practice for over 10 years. In this role, she worked with both individuals and families and specialized in trauma. She also worked in community mental health centers providing counseling and case management to a variety of clients during her career. Christy has over 15 years' experience working with children through play therapy and has worked extensively with military families.