



Cognitive Behavioral Therapy for Depression: Working with Service Members and Veterans

July 6-7, 2022

A Live, Interactive Webinar

Description:

This intensive 2-day workshop will provide training for behavioral health providers in the fundamentals of cognitive behavioral therapy for depression (CBT-D), with a specific focus on working with service members and veterans. We will begin with a discussion of depression in the military, followed by an examination of the central principles of CBT-D. Based on this model, participants will then learn how to conceptualize depressed patients and organize the components of a standard CBT-D session. We will also highlight specific cognitive, behavioral, and problem-solving strategies to use with service members to help them modify unhelpful cognitions and re-engage with their environments. Participants will have multiple opportunities to observe video examples and practice intervention strategies through interactive role plays. This program content focuses on the application of assessment and intervention methods for treating depressed patients that have consistent and credible empirical support in the scientific literature (Beck, 2020; Hays, 2019; Kazantzis et al., 2018; Patel et al., 2019; Yew et al., 2021). Participants must attend both days of the workshop.

Total Credits: 14

Learning Objectives:

Following the training, attendees will be able to:

1. Evaluate the rates of depression in the military.
2. Distinguish treatment considerations specific to a military population when utilizing Cognitive Behavioral Therapy for Depression (CBT-D).
3. Apply four central principles of cognitive behavioral therapy when working with patients presenting with depression.
4. Differentiate between the three levels of cognition (automatic thoughts, underlying assumptions, and core beliefs).
5. Categorize the three types of thought that make up the “negative cognitive triad” thinking style that characterizes depression.
6. Develop an individualized case conceptualization for patients based on the cognitive behavioral model.
7. Use information from self-report measures and clinical interviews to aid in diagnosing depression.



8. Organize the components of a standard CBT-D therapy session.
9. Choose behavioral and problem-solving strategies from CBT-D to help depressed service members re-engage with their environment.
10. Use cognitive strategies from CBT-D to modify unhelpful cognitions in service members.
11. Apply the Socratic Method to guide discovery in CBT.
12. Differentiate between cognitive distortions common in military personnel vs. civilian populations.

Target Audience:

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

Instructional Content Level: Intermediate

Agenda:

DAY 1

11:00 Course Intro

Depression in the Military

Roots of CBT-D

CBT Approach to Therapy

12:45-1:00 BREAK

1:00 Fundamentals of Cognitive Theory

CBT Theories of Depression & the Military Mindset

CBT Case Conceptualization

3:00-4:00 LUNCH

4:00 CBT Case Conceptualization Exercise

Elements of CBT

5:45-6:00 BREAK

6:00 Course of CBT-D

Initial Phase of Treatment

CBT-D Session Structure

7:30 End of Day 1

DAY 2

11:00 Review of Day 1

Activity Monitoring/Scheduling

Additional Behavioral Activation Strategies

12:30-12:45 BREAK

12:45 Behavioral Activation Exercise

The Role of Emotions in CBT-D

Identifying Automatic Thoughts

Socratic Dialogue

2:30-3:30 LUNCH

3:30 Thought Records



Cognitive Restructuring Exercise
Additional Strategies for Evaluating Automatic Thoughts
Cognitive Strategies for Working with Underlying Assumptions

5:15-5:30 BREAK

5:30 Cognitive Strategies for Working with Core Beliefs
Problem-Solving Strategies
Later Phase of Treatment
Review Exercise

7:30 End of Day 2

*Please note that agenda times are approximate and subject to change, depending on the needs of the workshop.

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 social work CE credits. For psychology CE credits, completion of the evaluation is strongly encouraged. If you do not wish to complete the evaluation but desire to receive psychology CEs please contact the POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be available for download from 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: 5/19/2022-5/19/2025. Social workers completing this course receive 14 Live, Interactive Webinar continuing education credits.

Inquiries regarding CE credits may be directed via email to Aric Bowie at aric.bowie.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: July 6-7, 2022

Time: 11:00am – 7:30 pm Eastern

Registration Information: Registration is done through event management system CE21, and the link will be provided



to prospective attendees via the CDP website

(<https://deploymentpsych.ce21.com/item/cognitive-behavioral-therapy-depression-working-service-members-veterans-100364>).

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

Cancellations/Questions: Please contact aric.bowie.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Registration Cost/Refunds: \$45

Location Information: Training will be held online via Zoom.

Please arrive within 30 minutes before the beginning of the training to complete all registration forms and sign-in documents.

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 Aric Bowie at aric.bowie.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.

Instructor Biographies:

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, ship psychologist on the U.S.S. George Washington, and as the Department Head for the Psychological Health and Traumatic Brain Injury Program at NNMCMC 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.

Jeffrey Mann, Psy.D., is a Military Behavioral Health Psychologist at the Center for Deployment Psychology (CDP) with the Uniformed Services University of the Health Sciences. Dr. Mann provides support Navy mental health training programs and 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 School of Professional Psychology, 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.

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