



CDP Presents How positive psychology can enhance the performance and well-being of service providers

In this 90-minute interactive webinar, participants will learn how to apply a case conceptualization using a Cognitive Behavioral Therapy (CBT) framework when working with military-connected patients. The session will describe the rationale for and provide an overview of the various components of the cognitive case conceptualization. In addition, a brief discussion of the cognitive model is introduced, reviewing the different levels of thought in CBT. The case conceptualization diagram, a clinical tool used for the development of an individually tailored formulation, is presented. Treatment goals are discussed in the context of the case conceptualization. Lastly, two military-connected cases will be presented, giving participants the opportunity to apply the information learned to the shared case vignettes.

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

Instructional Level: Introductory

Learning Objectives:

Attendees will be able to:

- Develop an individualized case conceptualization for patients based on the cognitive behavioral model.
- Apply CBT conceptualization model to depression and anxiety.
- Formulate individualized treatment goals based on the cognitive case conceptualization.



Agenda for CDP Presents Webinar

Webinar room prep and Lobby time	11:30am - 12:00 PM
Welcome to CDPP and Speaker Intro	12:00pm - 12:05 PM
Speaker Presents	12:05pm - 1:25 PM
Question and Answer and Admin	1:25pm - 1:30PM



Location Information

Address:

<https://deploymentpsych.ce21.com/item/cdp-presents-cognitive-case-conceptualization-treating-militaryconnected-patients-59779>

August 19, 2020, 12:00 PM - 1:30 PM Eastern time

Participate

Registration Information:

Participants can register via the link provided above, utilizing the CE21 system.

Cost/Refunds: Zero cost, no refund policy

Special Accommodations:

If you require special accommodations due to a disability, please contact Micah Norgard at mnorgard@deploymentpsych.org 2 weeks prior to the training so that we may provide you with appropriate service.



Presenter

Sharon Birman, Psy.D., is a Military Behavioral Health Psychologist working with the Military Training Programs at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, she develops and presents trainings on a variety of EBPs and deployment-related topics, as well as providing consultation services. She has traveled widely across the United States and OCONUS providing continuing education to civilian and military behavioral health providers teaching a variety of courses.

Erin Frick, Psy.D. is a clinical psychologist and Military Behavioral Health Psychologist at the Center for Deployment Psychology at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this role, she serves as a subject matter expert in the areas of clinic optimization, suicide prevention, and CBT for Depression. Prior to working for the CDP, Dr. Frick was a contract psychologist in the outpatient mental health clinic at Travis AFB, CA and has worked in the mental health field for 20+ years.

Continuing Education

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.

The Center for Deployment Psychology offers attendees 1.5 credit hours for participation in this training. Participants attending events in person are required to sign-in at the start of the training and sign-out at the conclusion of the training in order to attain CE credit. Participant attendance data will be collected electronically during webinars. There is a 30-day time limit post-training to complete all CE requirements. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to micah.norgard.ctr@usuhs.us

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