



# **CDP Presents Acceptance and Commitment Therapy for Moral Injury (ACT-MI): Approaching moral pain through contextual behavioral science**

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This presentation will describe Acceptance and Commitment Therapy for Moral Injury (ACT-MI). Presenters will discuss the social-functionalist and functional contextual background of ACT-MI and how these theories support a functional understanding of moral injury. Using these theories and definitions, moral injury will be differentiated from DSM-5 PTSD. Examples of typical ACT-MI exercises will be presented along with discussion of how moral injury commonly manifests in clients through the core processes associated with psychological inflexibility. A case example of ACT-MI will be provided to illustrate the application of ACT-MI to military-related moral injury. Finally, the presenters will introduce an ongoing research grant where they are investigating the acceptability and feasibility of ACT-MI.

**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:

- Participants will be able to distinguish between the following key terms as defined by ACT-MI: morally injurious events, moral pain, moral injury and moral healing
- Participants will be able to identify at least one way that moral injury differs from PTSD



### **Agenda for CDP Presents Webinar**

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



## Location Information

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**Address:**

<http://deploymentpsych.ce21.com/item/cdp-presents-acceptance-commitment-therapy-moral-injury-actmi-approaching-moral-pain-contextual-behavioral-science-64709>

October 1, 2020, 12:00 PM - 1:30 PM Eastern time

## Participate

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**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 [micah.norgard.ctr@usuhs.edu](mailto:micah.norgard.ctr@usuhs.edu) 2 weeks prior to the training so that we may provide you with appropriate service.



## **Presenter**

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Jacob Farnsworth, PhD is a staff psychologist at the VA Eastern Colorado Health Care System specializing in the treatment of co-occurring PTSD and substance use. Jacob's primary research interest is in the area of military-related moral injury. His most recent efforts have focused on further developing the construct's definition, its assessment and on comparing existing treatments to novel interventions for moral injury. He is a co-author of the ACT for Moral Injury treatment protocol and the Expressions of Moral Injury Scale-Military Version.

Sean Barnes is a clinical research psychologist at the Rocky Mountain Mental Illness Research, Education, and Clinical Center (MIRECC) for Veteran Suicide Prevention. Dr. Barnes contributes to the MIRECC through investigatory research, consulting, and psychotherapy. Dr. Barnes is also an Assistant Professor at the University of Colorado School of Medicine, Department of Psychiatry. His research and clinical work focus on moral injury and suicide risk assessment and prevention. Dr. Barnes and his collaborators have created and are evaluating Acceptance and Commitment Therapy treatment protocols for (1) Veterans recovering from suicidal crises and (2) Veterans with moral injury. Dr. Barnes enjoys spending time outdoors in the Rocky Mountains with his family and is an avid mountain biker and skier.

## **Continuing Education**

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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.edu](mailto:micah.norgard.ctr@usuhs.edu)

The CEs provided by the American Psychological Association are acceptable for most licensed professionals when renewing their license and it is our experience that APA CE credits have been recognized by most professional state license boards. However, please check with your board regarding the acceptability of APA CE credits for this activity.