



**CENTER FOR  
DEPLOYMENT PSYCHOLOGY**  
*Preparing Professionals to Support Warriors and Families*

# Addressing the Psychological Health of Warriors and Their Families

*A Center for Deployment Psychology  
Civilian Training Program*

**April 14-18, 2014  
Washington, DC**

NTSB Conference Center  
429 L'Enfant Plaza, SW  
Washington, DC 20594



The Center for Deployment Psychology (CDP) is a tri-service psychology training consortium headquartered at the Uniformed Services University of the Health Sciences (USU) in Bethesda, Maryland. As the Nation's only federal health sciences university, USU is committed to excellence in military medicine and public health during peace and war.

## TRAINING GOALS:

- Describe military terminology and operations and examine military culture and values as they relate to military behavioral health
- Identify several stressors faced by service members and their families before, during, and after deployment
- Understand the scope of depression and suicide as military health problems
- Review empirically-supported and promising treatments used to treat depression and suicidal ideation and behavior, and their use with military veterans
- Enhance knowledge of "gold standard" measures and tools for assessing PTSD in service members
- Discuss the current theoretical models of chronic pain and apply cognitive behavioral techniques to treatment of patients with pain
- Identify and discuss ethical challenges facing clinicians working with service members and veterans
- Become familiar with the epidemiological evidence describing alcohol and drug use disorders in the U.S. civilian and military populations, including active duty service members and veterans
- Identify the symptoms and rates of blast-related traumatic brain injury (TBI) and outline treatment resources
- Describe the prevalence of sleep problems experienced by military personnel, and examine different components of Cognitive-Behavioral Therapy for Insomnia (CBT-I)
- Summarize and apply the skills of Prolonged Exposure Therapy (PE) to treat combat-related PTSD
- Identify military sexual assault (MSA) in clinical settings

**Registration Fee: \$95**  
**Seating is Limited. Register Early.**

**This fee is charged regardless of the  
number of sessions attended**

*"Overall I have to say the training was one of the best in my career. The Center for Deployment Psychology faculty really do an excellent job!" – Salt Lake City, UT*

*"Excellent, highly applicable training providing the tools necessary to conduct cutting-edge treatment for this most deserving population. Thank you." – Madison, WI*

**FOR ADDITIONAL INFORMATION AND TO REGISTER:**  
<http://deploymentpsych.org/training/civilian/washingtondc>

**FOR QUESTIONS CONTACT:**

Ms. Hakimah Campbell  
[oneweekprogram@deploymentpsych.org](mailto:oneweekprogram@deploymentpsych.org)



# Addressing the Psychological Health of Warriors and Their Families

April 14-18, 2014 – Washington, DC



GS	General Session
Track 1	PTSD Track
Track 2	Health Psychology Track

## MONDAY, April 14, 2014

CDP DAY HOST: William Brim, PsyD	
7:30 am – 8:00 am	<b>Check-in and Morning Coffee &amp; Tea</b>
8:00 am – 8:15 am	<b>Welcome, Introduction, and Orientation</b>
8:15 am - 10:00 am	<b>Session 1 (GS) – Military Culture and Terminology: Enhancing Clinical Competence</b> <i>William Brim, PsyD</i> <i>CDP, Deputy Director</i>
10:00 am – 10:15 am	<b>Break</b>
10:15 am – 12:00 pm	<b>Session 2 (GS) – The Deployment Cycle and Its Impact on Service Members and Their Families</b> <i>William Brim, PsyD</i>
12:00 pm – 1:30 pm	<b>Lunch Break (on your own)</b>
1:30 pm – 2:30 pm	<b>Session 2 (continued)</b>
2:30 pm – 2:45 pm	<b>Break</b>
2:45 pm – 4:45 pm	<b>Session 3 (GS) – The Unique Challenges of Military Families</b> <i>Marjorie Weinstock, PhD</i> <i>CDP, Lead, Military Families &amp; CBT for Depression</i>

## TUESDAY, April 15, 2014

CDP DAY HOST: Diana Sermanian, PsyD	
7:30 am – 8:00 am	<b>Check-in and Morning Coffee &amp; Tea</b>
8:00 am - 10:00 am	<b>Session 4 (GS) – Overview of Traumatic Brain Injury (TBI) in the Military</b> <i>Michelle Cornette, PhD</i> <i>CDP, Suicide Prevention Subject Matter Expert</i>
10:00 am – 10:15 am	<b>Break</b>
10:15 am – 12:15 pm	<b>Session 5 (GS) – Alcohol and Drug Use in Military Veterans</b> <i>Diana Sermanian, PsyD</i> <i>CDP, Assistant Director, Civilian Training Programs</i>
12:15 pm – 1:45 pm	<b>Lunch Break (on your own)</b>
1:45 pm – 3:15 pm	<b>Session 6 (GS) – Assessment and Treatment of Depression and Suicidal Behavior Associated with Military Service: An Overview</b> <i>Michelle Cornette, PhD</i>
3:15 pm – 3:30 pm	<b>Break</b>
3:30 pm – 4:45 pm	<b>Session 6 (continued)</b>

**WEDNESDAY, April 16, 2014**

CDP DAY HOST: Marjorie Weinstock, PhD		
7:30 am – 8:00 am	<b>Check-in and Morning Coffee &amp; Tea</b>	
8:00 am - 9:30 am	<b>Session 7 (GS) – Ethical Considerations for Working with Military Members and Veterans</b> <i>Marjorie Weinstock, PhD</i>	
9:30 am – 9:45 am	<b>Break</b>	
9:45 am – 11:15 am	<b>Session 7 (continued)</b>	
11:15 am – 12:30 pm	<b>Lunch Break (on your own)</b>	
12:30 pm – 2:30 pm	<b>Session 8 (Track 1) – Sleep Disorders: An Overview of Sleep Disorders Common in Military Members</b> <i>Holly O'Reilly, PhD</i> <i>CDP, Lead, Traumatic Stress &amp; Sexual Assault</i>	<b>Session 8 (Track 2) – Assessment and Treatment of PTSD</b> <i>Marjorie Weinstock, PhD</i>
2:30 pm – 2:45 pm	<b>Case Study Wrap-Up</b>	<b>Case Study Wrap-Up</b>
2:45 pm – 3:00 pm	<b>Break</b>	
3:00 pm – 5:00 pm	<b>Session 9 (GS) – Sexual Assault in the United States Military</b> <i>Holly O'Reilly, PhD</i>	

**THURSDAY, April 17, 2014**

CDP DAY HOST: Paula Domenici, PhD		
7:30 am – 8:00 am	<b>Check-in and Morning Coffee &amp; Tea</b>	
8:00 am - 11:45 am	<b>Session 10 (Track 1) – Evidence-Based Treatment for PTSD: Prolonged Exposure Therapy (PE)</b> <i>Paula Domenici, PhD</i> <i>CDP, Director, Civilian Training Programs</i>	<b>Session 10 (Track 2) – Assessment and Treatment of Deployment-Related Sleep Disturbance</b> <i>William Brim, PsyD</i>
11:45 am – 1:00 pm	<b>Lunch Break (on your own)</b>	
1:00 pm – 4:45 pm	<b>Session 10 (continued)</b>	<b>Session 10 (continued)</b>

**FRIDAY, April 18, 2014**

CDP DAY HOST: Diana Sermanian, PsyD		
7:30 am – 8:00 am	<b>Check-in and Morning Coffee &amp; Tea</b>	
8:00 am - 11:45 am	<b>Session 10 (continued)</b>	<b>Session 11 (Track 2) – Assessment and Treatment of Chronic Pain in Military Populations</b> <i>Mary Brinkmeyer, PhD</i> <i>CDP, Deployment Behavioral Health Psychologist</i> <i>Diana Sermanian, PsyD</i>
11:45 am – 1:00 pm	<b>Lunch Break (on your own)</b>	
1:00 pm – 4:45 pm	<b>Session 10 (continued)</b>	<b>Session 11 (continued)</b>

Speakers and schedule subject to change

### ELIGIBLE PARTICIPANTS:

This course is designed for civilian licensed mental health providers including psychologists, social workers, psychiatrists, and marriage & family therapists who are actively treating military personnel, veterans, and their families. Active duty mental health providers interested in attending this course should contact the CDP to inquire about trainings designed specifically for them. **While we recognize that many individuals may be interested in attending this course, the material is not designed for, and may not be appropriate for, non-professionals and those who are not working with this population.**

Participants are encouraged to attend the entire one-week program in order to receive comprehensive training for working with the military/veteran population. However, participants can select to attend specific sessions within their chosen track for which separate CE credits will be provided.

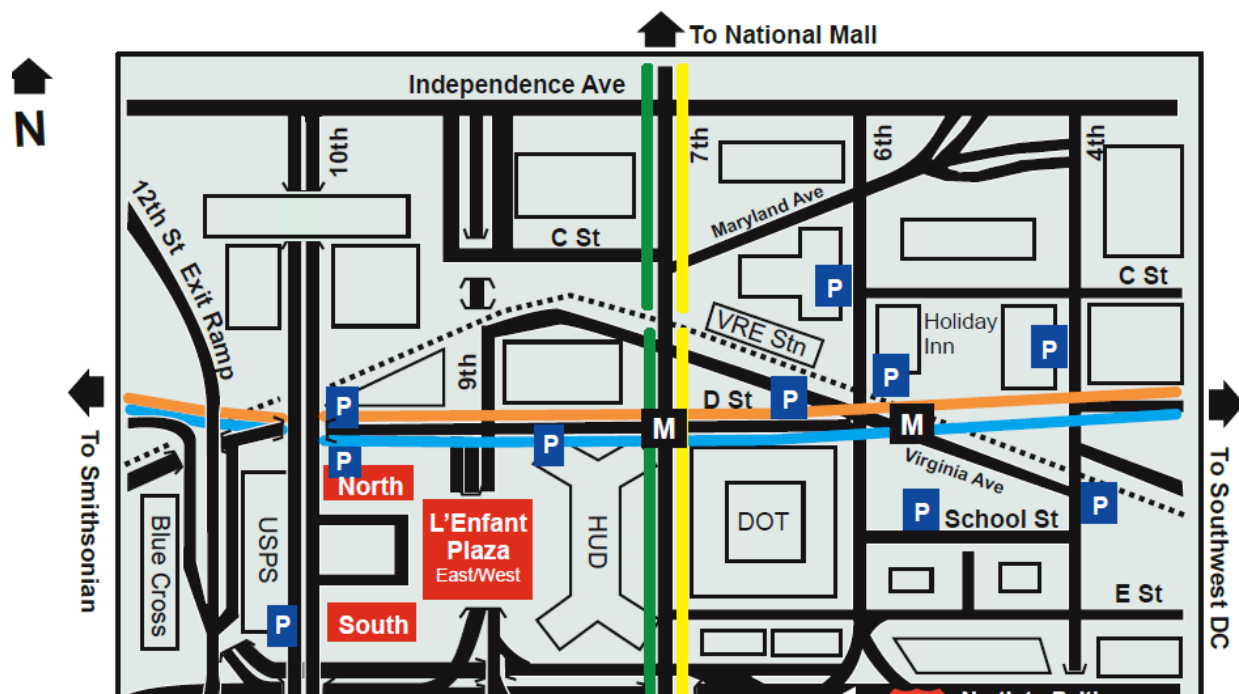
### CONTINUING EDUCATION (CE) INFORMATION:

CE accreditation is provided by PESI, Inc. for this one-week training. Please carefully read the information provided by PESI, Inc. (found under the *Continuing Education Information* tab on the registration website) to learn more about CE credits and the disciplines covered. After reading this information, if you still have specific questions about CE credits, please contact Dawn Messing directly at [dmessing@pesi.com](mailto:dmessing@pesi.com).



### Location:

The NTSB Conference Center is conveniently located in downtown Washington, DC within three miles of Ronald Reagan National Airport.



### Directions:

**Driving and Parking** – The street entrance is located on lower 10<sup>th</sup> street just below the L'Enfant Plaza Promenade running between D Street and Frontage Road, SW. Public garage parking is immediately adjacent.

**Public Transportation** – From the L'Enfant Plaza Metro stop: Yellow, Green, Orange or Blue Line. Follow the 9<sup>th</sup> and D Street exit signs, walk through the shopping promenade past the atrium, and take the escalator down to the lower level.