



**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*

**June 9-13, 2014
St. Louis, MO**

Robert A. Young Federal Building
1222 Spruce Street
St. Louis, MO 63103

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://www.deploymentpsych.org/training/civilian/stlouism>

FOR QUESTIONS CONTACT:

Ms. Hakimah Campbell
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GS	General Session
Track 1	PTSD Track
Track 2	Health Psychology Track

MONDAY, June 09, 2014

CDP DAY HOST: Augusto Ruiz, PsyD	
7:30 am – 8:00 am	Check-in and Morning Coffee & Tea
8:00 am – 8:15 am	Welcome, Introduction, and Orientation
8:15 am - 10:00 am	Session 1 (GS) – Military Culture and Terminology: Enhancing Clinical Competence <i>Augusto Ruiz, PsyD</i> <i>CDP, Deployment Behavioral Health Psychologist</i>
10:00 am – 10:15 am	Break
10:15 am – 12:00 pm	Session 2 (GS) – The Deployment Cycle and Its Impact on Service Members and Their Families <i>Regina Shillinglaw, PhD</i> <i>CDP, Deployment Behavioral Health Psychologist</i>
12:00 pm – 1:30 pm	Lunch Break (on your own)
1:30 pm – 2:30 pm	Session 2 (continued)
2:30 pm – 2:45 pm	Break
2:45 pm – 4:45 pm	Session 3 (GS) – The Unique Challenges of Military Families <i>Augusto Ruiz, PsyD</i>

TUESDAY, June 10, 2014

CDP DAY HOST: Augusto Ruiz, PsyD	
7:30 am – 8:00 am	Check-in and Morning Coffee & Tea
8:00 am - 10:00 am	Session 4 (GS) – Overview of Traumatic Brain Injury (TBI) in the Military <i>Augusto Ruiz, PsyD</i>
10:00 am – 10:15 am	Break
10:15 am – 12:15 pm	Session 5 (GS) – Alcohol and Drug Use in Military Veterans <i>Jeffrey Cook, PhD</i> <i>CDP, Director, Military Training Program</i>
12:15 pm – 1:45 pm	Lunch Break (on your own)
1:45 pm – 3:15 pm	Session 6 (GS) – Assessment and Treatment of Depression and Suicidal Behavior Associated with Military Service: An Overview <i>Regina Shillinglaw, PhD</i>
3:15 pm – 3:30 pm	Break
3:30 pm – 4:45 pm	Session 6 (continued)

WEDNESDAY, June 11, 2014

CDP DAY HOST: Jeffrey Cook, PhD		
7:30 am – 8:00 am	Check-in and Morning Coffee & Tea	
8:00 am - 9:30 am	Session 7 (GS) – Ethical Considerations for Working with Military Members and Veterans <i>Jeffrey Cook, PhD</i>	
9:30 am – 9:45 am	Break	
9:45 am – 11:15 am	Session 7 (continued)	
11:15 am – 12:30 pm	Lunch Break (on your own)	
12:30 pm – 2:30 pm	Session 8 (Track 1) – Sleep Disorders: An Overview of Sleep Disorders Common in Military Members <i>Jeffrey Cook, PhD</i>	Session 8 (Track 2) – Assessment and Treatment of PTSD <i>David Riggs, PhD</i> <i>CDP, Executive Director</i>
2:30 pm – 2:45 pm	Case Study Wrap-Up	Case Study Wrap-Up
2:45 pm – 3:00 pm	Break	
3:00 pm – 5:00 pm	Session 9 (GS) – Sexual Assault in the United States Military <i>David Riggs, PhD</i>	

THURSDAY, June 12, 2014

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

FRIDAY, June 13, 2014

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

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.

