

Session Two

Tuesday-Wednesday, May 17-18, 2016

Session Two is a two-day classroom training. Participants must attend both days in full to receive CE credits. No partial credit will be awarded for partial attendance.

Sleep Disorders: An Overview of Sleep Disorders Common in Military Members

In this interactive training module, participants will gain an understanding of why people sleep, how sleep is regulated, and sleep architecture. An emphasis is placed on the importance of a thorough assessment of sleep, including sleep assessment tools and interview techniques. Finally, we will focus on the sleep disorders most common in military members and the evidence-based treatments for them.

Learning Objectives:

1. Summarize the goals and strategies of a thorough assessment for sleep disorders.
2. Identify sleep disorders common to the military population.
3. Describe appropriate treatments for sleep disorders common to the military population.

Overview of Traumatic Brain Injury (TBI) in the Military

This training module defines and describes the different types of TBI. It examines the rates of TBI in the military population and the different mechanisms of blast-related TBI. Finally, the training covers some of the current controversies associated with TBI in the DoD, comorbid conditions, and resources for providers, families, and patients in the military with TBI.

Learning Objectives:

1. Define and differentiate between different types of traumatic brain injuries.
2. Identify the mechanisms of brain injury common in a military population.
3. Discuss traumatic brain injury resources for military clients, families, and providers.

Alcohol and Substance Use within the Military Population

This training module provides an overview of alcohol and substance use disorders (SUDs) within the military. Prevalence rates of use/misuse, clinical assessment and best treatment practices for substance use disorders will be reviewed. Commonly used brief assessment instruments for substance use disorders (SUDs) are described. Additionally, common co-morbidities to SUDs and the approaches to addressing them will also be discussed. Evidence-based psychological treatments for SUDs are briefly described, ranging from brief interventions that can be incorporated as part of screening for appropriate cases to continuing care approaches for individuals with more severe and chronic problems.

Learning Objectives:

1. Describe common trends in alcohol and drug use amongst civilian and military populations.
2. Identify strategies for screening and assessing military clients for substance use disorders.
3. Discuss top evidence-based treatments for alcohol and substance use disorders.

Understanding and Treating the Psychological Impact of Sexual Assault in the United States Military

This training module reviews the prevalence of unwanted sexual contact/sexual assault in the Department of Defense and the U.S. population, and the unique factors that contribute to the impact of sexual assault on members of the military. This session also describes the impact of sexual assault on the individual, outlines assessment strategies that inform treatment planning for individuals affected by sexual assault, and presents the basic treatment components common in evidence-based treatments for sexual trauma.

Learning Objectives:

1. Compare the rates of sexual assault and unwanted sexual contact in military and civilian populations.
2. Describe the impact of sexual trauma on the survivor's cognitions.
3. List important life domains to assess before planning trauma focused treatment.
4. Identify the main treatment components of trauma-focused therapy.

Assessment and Treatment of Depression & Suicidal Behavior Associated with Military Service: An Overview

This training module outlines the rates of depression and suicide in the civilian, military and veteran population, and provides information about the etiology of depression and suicide. A body of nomenclature for labeling suicidal related behavior is provided. Risk factors, warning signs and protective factors related to suicide are covered. Strategies for assessing depression and suicidal behavior are addressed, and specific psychometric tools are provided. Components of a thorough clinical interview to assess suicide risk are identified along with a theory which addresses the fluctuating nature of suicide risk. Treatments consistent with the VA/DoD Clinical Practice Guidelines to address depression and suicidal behavior are provided, with emphasis given to Cognitive and Behavioral Therapy. A specific treatment protocol for treating suicidal behavior is outlined in detail.

Learning Objectives:

1. Discuss the prevalence of depression and suicide in the military population.
2. Describe the correct nomenclature for suicidal and related behaviors.
3. Identify strategies for screening and assessing military clients for depression and suicidal behaviors.
4. Review effective therapies for treating military clients with depression and those displaying suicidal behaviors.

The Unique Challenges of Military Families

This training module provides an overview of the unique characteristics of military family life. The basic demographics of military families, discussion of the variability among military families, and normative stressors associated with military family life are reviewed. This module also provides information on marriage and divorce in the military, as well as on issues specific to military spouses and military children. Finally, it concludes with an exploration of family resilience with an emphasis on promoting resilience in military families.

Learning Objectives:

1. Discuss variability among military families (e.g., variability in family structure, members).
2. Identify normative stressors common to military families.
3. Describe mechanisms of resiliency and protective factors present in military families.

Ethical Considerations for Working with Military Members and Veterans

In this training module, comprehensive understanding of informed consent, boundaries of cultural and clinical competence, disposition-driven diagnoses, multiple relationships, and professional fitness are all discussed in breadth and depth in the context of civilian practitioners working with military-connected clients. Decision-making models are presented to address ethical dilemmas with specific discussion of the role of dual-relationships within a clinical framework. Extensive, complex vignettes are discussed in workshop/group format to ensure comprehensive, nuanced discussion. This presentation is augmented by videos designed to prompt discussion and examples of applied ethical principles.

Learning Objectives:

1. Define ethics as it relates to the role of the mental health provider.
2. Identify five (5) ethical challenges common to mental health providers working with the military population.
3. Discuss Gottlieb's model for avoiding dual relationships.
4. Demonstrate knowledge of the ethical decision making process through interactive discussion of military case examples during the presentation.