

2nd Deployment Mental Health Symposium
Hidden Casualties of War:
Moving to Solutions
EDUCATIONAL OBJECTIVES

Thursday, May 7, 2009

PLENARY SESSION 1

Current Mental Health Needs of OEF/OIF Veterans and Family Members

Instructors:

USN Captain Robert Koffman, MD, MPH

USAF Major David Linkh, PhD, MSW, LCSW-R

This session is designed to help you:

1. Describe current mental health needs of OEF/OIF Veterans;
2. Identify mental health needs of deployed families;
3. List key risk and protective factors/processes in adjustment to deployment; and
4. Describe differential patterns of response and coping.

PLENARY SESSION 2

Cognitive Process Therapy in Treating PTSD

Instructor: Patricia Resick, PhD

This session is designed to help you:

1. Explain the development of and theory behind cognitive processing therapy (CPT) for PTSD;
2. Describe the components of CPT; and
3. Describe the findings of both clinical trials and practice settings.

PLENARY SESSION 3

Mild Traumatic Brain Injury: What Clinicians Should Know

Instructor: Jason Demery, PhD

This session is designed to help you:

1. Identify mechanisms of brain injury and acute neuropsychological indices that reflect brain dysfunction;
2. Explain the natural history of mild TBI and how co-morbidities likely change “recovery” trajectories; and
3. Discuss interventions used in the clinical management of patients with acute or chronic mild TBI.

PLENARY SESSION 4

Brief Behavioral Treatment of Insomnia in Military Veterans

Instructor: Anne Germain, PhD

This session is designed to help you:

1. Describe the clinical relevance of insomnia in military veterans with and without post-traumatic stress disorder (PTSD) or other post-deployment adjustment difficulties;
2. Implement valid and reliable strategies to evaluate insomnia in military veterans; and
3. Apply steps to implement brief behavioral treatments for insomnia in military veterans.

BREAK-OUT SESSION I (2:45-3:45 p.m.)

Session A: The Use of Psychotropic Medications in the Treatment of Combat-Related Disorders: A Review for Non-Prescribers

Instructor: USN Lieutenant Edmund Clark, MD

This session is designed to help you:

1. Describe the symptoms of combat-related disorders that can be targeted with medications;
2. Identify the common classes of psychotropic medications used to treat these symptoms;
3. Explain the basic risks and limitations of medications used to treat combat-related disorders; and
4. Describe the need for a multidisciplinary approach to treating combat-related disorders.

Session B: Improving the Parent-Child Relationship During All Phases of Deployment

Instructor: Robin Gurwitch, PhD

This session is designed to help you:

1. List at least three stressors that impact the parent-child relationship during different phases of deployment;
2. List at least 3 common reactions of young children during parental deployment;
3. Describe at least one intervention for use with young children before, during, and after deployment as a way to improve the parent-child relationship;
4. List at least three goals of Parent-Child Interaction Therapy, an evidenced-based intervention for use with very young children (ages 2-7); and
5. Describe the components of Parent-Child Interaction Therapy, an evidenced-based intervention for use with very young children.

BREAK-OUT SESSION II (4:00-5:00 p.m.)

Session A: *Pain and PTSD: What do we know about it? What can we do about it?*

Instructor: Frank Andrasik, PhD

This session is designed to help you:

1. Describe the co-occurrence of pain and PTSD;
2. Discuss various models that account for this co-morbidity; and
3. Explain practical treatment strategies.

Session B: *Steps to Building Resilience in Children*

Instructor: Robin Gurwitch, PhD

This session is designed to help you:

1. Define resilience in the lives of children;
2. Describe at least 3 steps important to building resilience in children;
3. List at least 3 specific examples of actions to take to improve resilience; and
4. Discuss the importance of self-care in working with children.

Friday, May 8, 2009

BREAK-OUT SESSION III (8:30-9:30 a.m.)

Session A: *Treating Nightmares with Imagery Scripting & Rehearsal*

Instructor: Anne Germain, PhD

This session is designed to help you:

1. Recognize the clinical relevance of nightmares and other dreaming disturbances in military veterans in conceptualize treatment plans;
2. Describe evidence for the efficacy of imagery rehearsal for the treatment of nightmares and other dreaming disturbances in military veterans; and
3. Discuss recommendations for implementation of Imagery Rehearsal in various clinic settings.

Session B: *Long Term Coping with Loss*

Instructor: USAF Major David Linkh, PhD, MSW, LCSW-R

This session is designed to help you:

1. Describe stages of bereavement and traumatic loss; and
2. Explain typical responses to grief and trauma.

BREAK-OUT SESSION IV (9:45-10:45 a.m.)

Session A: Post-deployment(s) Alcohol Use and Abuse: Renewed Freedom vs. Maladaptive Coping

Instructor: USAF Major Ogle, PhD

This session is designed to help you:

1. Describe data regarding alcohol use and abuse in military members;
2. Discuss methods for screening for alcohol misuse and substance use disorder; and
3. Discuss brief intervention and treatment options for military members.

Session B: Caring for Caregivers: Strategies for Health Professionals Who Work with Disabled Warriors & Their Families

Instructor: Kent Drescher, MDiv, PhD

This session is designed to help you:

1. Identify challenges to resilience as they relate to adults, children, family systems, intimacy/reconnection, loss and the special caregiver burdens that arise when the military member are wounded physically, psychologically, or spiritually.

BREAK-OUT SESSION V (11:00-12:00 p.m.)

Session A: Couples Therapy with Veterans with Combat-Related PTSD

Instructor: Michelle Sherman, PhD

This session is designed to help you:

1. Describe a rationale for including family members in the treatment of PTSD;
2. Briefly summarize existing evidence-based family interventions for PTSD; and
3. Outline a framework for conceptualizing care for veterans affected by trauma and their family members by reviewing relationship consequences of common symptoms and exploring implications for treatment.

Session B: Spirituality and Trauma Treatment: Suggestions for Including Spirituality as a Coping Resource

Instructor: Kent Drescher, MDiv, PhD

This session is designed to help you:

1. Explain issues of risk and resilience that emerge from the intersection of traumatic warzone stress and individual spirituality; and
2. Describe some possible indicators of spiritual distress / moral injury which may occur subsequent to combat.

PLENARY SESSION 5

Prolonged Exposure Therapy for PTSD

Instructor: Elizabeth Hembree, PhD

This session is designed to help you:

1. Describe the theory underlying use of Prolonged Exposure (PE) therapy for treatment of PTSD;
2. Outline a description of the treatment components of PE; and
3. Summarize the evidence supporting efficacy and effectiveness of PE and its use with a range of different traumas including civilian and military.

PLENARY SESSION 6

Applications of a Unified Transdiagnostic Approach to Treating Combat-Related Emotional Disorders

Instructor: Todd Farchione, PhD

This session is designed to help you:

1. Discuss evidence supporting a unified conceptualization of emotional disorders;
2. Describe core treatment components of the Unified Treatment protocol; and
3. Explain the application of the Unified Treatment to combat-related anxiety and mood disorders.

PLENARY SESSION 7

Best Approaches to Treating Combat Trauma

Instructor: USN Captain Robert Koffman, MD, MPH

This session is designed to help you:

1. Describe various approaches to treating combat trauma.