

Mental Health and the Military: Strategies for Treating Veterans with PTSD and Related Conditions

Roughly one-third of combat veterans battle some form of mental health condition with the most notable being posttraumatic stress disorder. This course is designed to present practitioners with a review of effective treatments for PTSD and related conditions in combat veterans. In addition to PTSD, related disorders such as nightmares, insomnia, and depression will be reviewed. Although there are effective treatments available for these conditions, many clinicians are unaware of the theory and science related to these interventions. Moreover, unless the clinician has served in the military or worked with military or veteran clients in the past, the importance of military culture on treatment outcomes for these conditions will not be fully appreciated. This seminar will help you become a more effective clinician for your veteran clients.

Target Audience

Psychologists
Therapists
Social Workers
Psychiatrists
Counselors
Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Summarize the beliefs, customs, practices, and language that are unique to the military culture.
2. List the types of stressors that occur in the combat environment.
3. Describe evidence-based psychological treatments used to treat PTSD and related conditions in veterans.
4. Describe evidence-based pharmacological interventions for PTSD and related conditions the limitations of commonly used medications.
5. Describe the importance of military cultural competence when working with veterans.

Seminar Schedule

Typically begins at 12:00 PM and ends at 3:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

Outline

Begin 10AM EST
Military Culture
Language
Rank
Customs and Traditions

Treatments for PTSD
Combat Stress
Prolonged Exposure
Cognitive Processing Therapy
Break 11:30-11:45 PM ET
Pharmacotherapy

Treatment of Co-occurring Disorders and Other Clinical Issues
Nightmares
Insomnia
Depression
Other Disorders
END 1:15 PM EST

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 3 CE's for attending once they have completed these requirements. PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

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The Presenter

Bret A. Moore, Psy.D., ABPP is Vice Chair of the Boulder Crest Institute for Posttraumatic Growth and a clinical and prescribing psychologist based in San Antonio, Texas. He is a former active duty Army psychologist and completed two tours (27 months) in Iraq as a Clinical Psychologist and held the positions of Chief of Clinical Operations and Officer in Charge of Preventative services while deployed. He is the author and editor of 16 books, including *Treating PTSD in Military Personnel: A Clinical Handbook*, *The Posttraumatic Growth Workbook*, *Wheels Down: Adjusting to Life after Deployment*, and *Taking Control of Anxiety: Small Steps for Overcoming Worry, Stress, and Fear*. In addition to writing dozens of book chapters and journal articles, Dr. Moore has written feature articles for a number of popular press publications to include *Scientific American Mind*, *The New Republic*, *Psychology Today*, and *Military Times*. Dr. Moore is a Fellow of the American Psychological Association and recipient of the Arthur W. Melton Award for Early Career Achievement in Military Psychology from Division 19 and the Early Career Achievement Award in Public Service Psychology and the Peter J. N. Linnerooth National Service Award from Division 18 of APA. His views on clinical and military psychology have been quoted in *USA Today*, *The New York Times*, and *The Boston Globe*, and on *CNN* and *Fox News*. He has appeared on *NPR*, the *BBC*, and *CBC*.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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