



Center for Deployment Psychology

Background

Established in 2006, **Center for Deployment Psychology (CDP)** is a tri-service center training military and civilian psychologists, psychiatrists, social workers, mental health interns and residents, and other behavioral health care professionals. CDP is housed at the Uniformed Services University of the Health Sciences.

CDP offers education and training courses, both live and via the Internet. In its first five years, CDP trained more than 700 military mental health professionals through a two-week course on deployment concerns, and more than 1,800 civilian providers through a one-week course covering important issues when working with military and veteran patients. Additionally, more than 3,000 providers have been trained in evidence-based psychotherapy techniques at CDP workshops throughout the country, and more than 15,000 providers nationwide have attended lectures, seminars and other CDP workshops. The recently expanded CDP website offers online workshops, descriptions and schedules of live courses, and resources for providers, attracting more than 5,000 online visitors every month.

Mission & Structure

The CDP mission is to prepare health care professionals to better meet the deployment-related emotional and psychological needs of military personnel and their families. More than two million service members have deployed during the conflicts overseas, including many who have deployed multiple times. With these increased deployments, service members and their families undergo increased stress and psychological health challenges.

To meet its mission, CDP trains health care professionals through live presentations, online learning resources, ongoing consultation and state-of-the-art education, coordinating activities across a nationwide network of training sites at 11 military medical centers.



CDP sites include: Brooke Army Medical Center (San Antonio); Dwight D. Eisenhower Army Medical Center (Augusta, Ga.); Madigan Army Medical Center (Tacoma, Wash.); Malcolm Grow United States Air Force Medical Center (Suitland, Md.); National Naval Medical Center (Bethesda, Md.); Naval Medical Center, Portsmouth (Portsmouth, Va.); Naval Medical Center, San Diego; Tripler Army Medical Center (Honolulu); Walter Reed National Military Medical Center (Bethesda, Md.); Wilford Hall Medical Center (San Antonio); and Wright-Patterson United States Air Force Medical Center (Dayton, Ohio).

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Training for Military Providers

CDP offers a course entitled “Topics in Deployment Psychology” geared toward uniformed behavioral health care providers from all military branches. Attendees include military psychologists, psychiatrists, social workers, physician assistants and clinical nurse practitioners. While many participants are established uniformed providers, attendees also include those performing internships or residencies.

The eight-day course is taught four to five times a year by CDP staff and distinguished guest speakers with expertise in military behavioral health and deployment medicine. The program provides in-depth training on deployment issues facing service members, families and providers, including:

- **Deployment 101:** Addresses unique demands that service members and behavioral health care providers may experience while deployed. Military behavioral health care professionals who have recently deployed give first-hand accounts of their experiences in forward operating areas.
- **Trauma and Resilience:** Addresses issues of psychological trauma and resilience particularly with the experience of combat deployment. Participants learn evidence-based approaches to assess and treat combat operational stress, post-traumatic stress disorder (PTSD), suicidal behavior, depression and sleep problems.
- **Behavioral Health Care of the Seriously Medically Injured:** Introduces participants to issues that arise when providing behavioral health care to individuals with medical injuries, with a focus on identifying and treating blast-related traumatic brain injuries (TBI).
- **Deployment and Families:** Examines topics related to the impact of deployment, reintegration and combat stress injuries on service members and families, with an emphasis on family function and resilience.

Throughout the course, speakers explore the complicated dual relationship inherent in balancing the needs of the military mission with those of individual service members. Ethical dilemmas, compassion fatigue and new methods to combat stigma are routinely presented from multiple perspectives. To register, go to: www.deploymentpsych.org/training/military.

Training for Civilian Providers

Addressing the Psychological Health of Warriors and Their Families is a one-week program designed for civilian licensed mental health providers including psychologists, social workers, psychiatrists and marriage family therapists who treat military personnel, veterans and their families or plan to treat them in the near future.

The course is offered up to eight times per year in various locations throughout the country and is designed to increase clinical competency to treat service members with behavioral health concerns through a better understanding of military culture and terminology; deployment risk factors; and evidence-based approaches to assess and treat combat operational stress, PTSD, TBI, suicidal behavior, depression and sleep problems. Registration for the program is available on a first-come, first-served basis: www.deploymentpsych.org/training/civilian-practice.

Training in Evidence-based Psychotherapies

CDP offers workshops in the use of two evidence-based treatments for PTSD, prolonged exposure therapy and cognitive processing therapy, as well as cognitive behavioral therapy for treating insomnia. These multi-day workshops were developed based on the same training principals used by the treatment developers. CDP workshops introduce clinical skills, through didactics and case illustrations, video and live role-playing of experts using clinical skills, and active role-playing exercises for participants. These workshops have been provided throughout the country in collaboration with military and civilian organizations.

CDP is developing workshops to train evidence-based psychotherapy protocols to treat other psychological health issues that are relevant to the health of service members, veterans and their families, including depression, suicide, relationship distress and substance use.

University Counseling Center Core Competency

University Counseling Center Core Competency (UC4) is a full-day workshop addressing social, cultural, clinical and campus-specific concerns of service members and veterans. This program includes specific discussion of campus outreach and planning and is designed for clinical mental health personnel including campus and regional community college providers. The program also includes information useful to non-clinical campus personnel who will contact service members and veterans, including individuals working in student affairs, residence life, Dean's office, academic advising, registrar's office, financial aid, campus safety or any other university department.

Training goals include:

- To better understand military/service member/veteran psychology as an area of multicultural diversity to provide competent outreach and treatment
- To identify deployment cycle stressors primarily as they impact on-campus concerns and the student population
- To understand concerns of service members and veterans as they relate to recommendations for outreach programming and the development of administrative plans

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- To be aware of psychological health issues facing service members and veterans, including depression, suicide, deployment-related insomnia, substance use and TBI
- To better understand the basic behavioral etiology/framework and risk/prevalence of PTSD and gain knowledge of CDP promotion of evidence-based treatments for PTSD

For more information, counseling center directors can complete the request form at www.deploymentpsych.org/training/uc4.

Online Services

Online Learning

CDP offers online courses on military culture; deployment stress on families; provider self-care; PTSD; evidence-based treatment approaches for PTSD; TBI; and other deployment related topics. These courses can be taken for free or for continuing education credits for a fee. In addition to online courses, CDP offers webinars and podcasts related to deployment psychology.

Provider Support

The CDP website includes a “provider portal,” a password-protected area available to clinicians who have completed CDP training in evidence-based psychotherapies. This area of the website offers clinicians the opportunity to receive consultation from CDP experts on the treatment of one or more of the following behavioral conditions: depression; suicide; marital or family problems; insomnia; and substance abuse. The provider portal also allows clinicians to collaborate with their peers on the treatment of service members, veterans and families.

Resources and Outreach

CDP provides an online platform for disseminating deployment-related information of interest to behavioral health care providers. This includes information pages about topics of interest; book descriptions; articles of potential use to clinicians; tools for providers trained to use CDP treatments; and links to other useful tools such as the Departments of Veterans Affairs and Defense (VA/DoD) Clinical Practice Guidelines.

Provider Consultation

Online Consultation

CDP offers online consultation for clinicians trained in evidence-based psychotherapies. Online consultation is offered on the CDP website through the provider portal. The CDP-moderated message board allows clinicians to share questions regarding their use of evidence-based practices and to collaborate with their peers globally. Also, CDP offers an email consultation service where subject matter experts respond to questions posed by clinicians.

Telephone Consultation

Scheduled telephone consultation is offered by CDP subject matter experts. Clinicians are invited to discuss their use of evidence-based treatment approaches and gain additional support and guidance.

Consultation Workshops

CDP also offers workshops where providers trained in evidence-based treatment approaches learn skills to provide consultation to others learning these treatments including strategies to promote skill mastery and the implementation of evidence-based psychotherapies.

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