

1st Deployment Mental Health Symposium
Hidden Casualties of War:
Promoting Healing & Resiliency for
US Military Service Members & Their Families
EDUCATIONAL OBJECTIVES

Thursday, May 8, 2008

Session 1

Caring for the Psychologically Wounded: from Washington & Beyond

Instructor: USN CAPT Robert L. Koffman, MD, MPH

This session was designed to help participants:

1. Discuss the federal government's efforts, laws and initiatives to ensure prompt identification, expeditious treatment, and appropriate disposition of Post Traumatic Stress Disorder and TBI.
2. Understand the challenges faced in changing military culture with respect to mental health issues.
3. Describe the efforts currently underway to wisely obligate GWOT supplemental funding for Psychological Health and TBI.

Session 2

The Deployment Cycle – I

Instructor: Bithiah Reed, Ph.D.

This session was designed to help participants:

1. Describe stressors inherent to each phase of deployment.
2. Discuss the psychological/mental health challenges associated with pre-deployment.

Session 3

The Deployment Cycle – II

Instructor: Bithiah Reed, Ph.D.

This session was designed to help participants:

1. Discuss the psychological/mental health challenges associated with the deployment and post-deployment phases of the deployment cycle.

Session 4

Military Traumatic Brain Disorder

Instructor: Louis M. French, Psy.D.

This session was designed to help participants:

1. Understand the basics of definition, severity and assessment in TBI.
2. Understand how military TBI may be different from civilian TBI as related to mechanism of TBI and other circumstances.
3. Describe the relationship between stress and post-concussive symptoms.

Session 5

Bereavement Counseling for Families of OIF/OEF Casualties

Instructor: Lynne Peralme, Ph.D.

This session was designed to help participants:

1. Explain the aspects of bereavement unique to military families.
2. Describe the most effective bereavement counseling approaches.
3. Summarize resources for bereaved military families.

Friday, May 9, 2008

Session 6

Post Traumatic Stress Disorder

Instructor: Col Charles C. Engel, MD, MPH

This session was designed to help participants:

1. Describe the difference between PTSD, Acute Stress Disorder, Traumatic Stress and Combat Stress Reaction.
2. Discuss the epidemiology of PTSD including differential risk factors and prognostic factors for traumatic events versus PTSD.
3. List 5 evidence-based treatments for PTSD

Session 7

Major Depressive Disorder

Instructor: Col Charles C. Engel, MD, MPH

This session was designed to help participants:

1. Identify two stages of depression diagnosis.
2. Discuss the role of primary care in depression diagnosis and management.

3. Describe the epidemiology of depression including incidence, prevalence, risk factors and prognostic factors.
4. List important evidence-based treatments for depression and strategies for implementing them.

Session 8

Bouncing Back – Teaching Children Resilience Skills

Instructor: Ronald S. Palomares, Ph.D.

This session was designed to help participants:

1. Define the concept of “Resilience” as defined by APA.
2. Identify at least three “signs” of distress from children.
3. Enumerate ten “Bounce Back Strategies” used to teach resilience.

Session 9

Military Sexual Trauma: Prevalence, Themes, and Treatment Issues

Instructor: Sue Ann Garrison, Ph.D.

This session was designed to help participants:

1. Identify issues/themes from which victims of military sexual trauma suffer.
2. Identify effective approaches to treating individuals with histories of military sexual trauma.

Session 10

Citizen Soldiers Changed Forever: The Impact of OEF/OIF on Reserve & National Guard Troops

Instructors:

Jaine L. Darwin, Psy.D.

Kenneth J. Reich, Ed.D.

This session was designed to help participants:

1. Discuss the stresses experienced by reserve/guard families during and after deployment.
2. Describe prevention or treatment of secondary traumatization in reserve/guard families.
3. Discuss how building resilience prevents intergenerational transmission of trauma.