The University of San Diego Wellness Area
Announcement of Continuing Education for Psychologists and Mental Health Professionals

Serving Those Who Serve
Improving Mental Health Care for Military Families

July 10, 2015 | 8AM – 6PM
University of San Diego, Mother Rosalie Hill Hall

A. Background and Goals: The majority of community-based mental health providers are ill equipped to meet the mental health needs of service members, veterans, and their families. Tragic first-hand accounts of service members and veterans who have not received adequate care reinforce the need for professional development. To address these gaps, USD’s Department of School, Family & Mental Health Professions is hosting a Professional Development workshop for mental health providers to learn more about effectively serving military-involved families.

The workshop is intended to help providers:

- distinguish between myths and realities of military culture and how these impact utilization and effectiveness of mental health care;
- utilize a variety of training resources to implement evidence-based practices for this population addressing clinical problems such as PTSD;
- demonstrate knowledge of unique stressors for military families (such as transition out of the service, frequent moves) and assess for risk factors in military families;
- identify the sources and the impact of mental health stigma in the military culture and demonstrate skills to overcome this stigma;
- discuss emerging major issues in mental health care for service members, including the concept of Moral Injury and applications of Mind Body medicine.
- connect with other community-based mental health professionals serving military families to share resources and seek consultation.
- identify at least 10 resources to share with military families regarding psychosocial supports.

This workshop is targeted to community-based mental health professionals, including licensed Clinical and Counseling Psychologists, psychology graduate students and interns and post-doctoral fellows. Professionals from other disciplines such as MFT, LPCC, and LCSW are also invited to attend.
**B. Presenters:**
The two key note speakers are listed below. Each of these individuals is considered a national expert in issues related to military mental health based on training and experience.

**Heidi Kraft, PhD.**
Dr. Kraft is a licensed Clinical Psychologist who served as both a flight and clinical psychologist in the Navy and deployed to western Iraq. She wrote a book titled “Rule Number Two” based on that experience. She is currently a consultant for the Navy and Marine Corps’ Combat Stress Control programs and treats active duty patients suffering from PTSD. Dr. Kraft is featured in the documentary “Cover Me.”

**Marjorie Morrison, LMFT, LPCC.**
Ms. Morrison is CEO and Founder of PsychArmor, a non-profit organization based in San Diego that is designed to support health care providers and others to provide effective care to military involved families. She is a licensed MFT and Professional Clinical Counselor and also the author of *The Inside Battle: Our Military Mental Health Crisis.*

Individual Break out Session leaders are listed below by topic with their discipline and professional affiliation. These individual break out sessions are designed for more in-depth education in the topics identified.

**Moral Injury:**
Amy Amidon, Ph.D.
Staff Psychologist
OASIS Residential Treatment Center/NMCS

**Transitioning Out of the Military**
Becky Sanford, MSW, ACSW
Lead Navigator, Zero8hundred Transition Program
USC Field Instructor

**Training in Evidence-Based Practices**
Laurie Lindamer, PhD
VA Centers of Excellence Stress & Mental Health

**Working with Children in Military Families**
Joe Hassell, Ph.D.
Site Director, FOCUS program
Naval Base San Diego

**Understanding and Treating PTSD**
William M. Hunt, Ph.D.
Clinical Psychologist
Fleet Mental Health Unit, Naval Station
Naval Medical Center San Diego
Heather Anson, PhD, ABPP
Staff Psychologist,
Naval Medical Center San Diego

Mental Health Stigma in the Military
Kristopher G. Hall, PhD.
Assistant Professor
Department of School, Family & Mental Health Professions
University of San Diego

Mind Body Medicine
Jeffrey Millegan, MD MPH
CDR MC USN
Head, Mind Body Medicine
Head, SPRINT West
Psychiatry
NMCSD

Of the 11 speakers at the workshop, 6 are licensed psychologists (Kraft, Amidon, Lindamer, Hassell, Hunt, Anson), 1 is a psychiatrist (Millegan), 2 are licensed social workers (Morrison and Sanford), and 1 is a doctoral Counselor educator (Hall). All of the speakers are working actively in these areas of expertise.

Commercial Support: United Healthcare is offering sponsorship to defray lunch costs. Sierra Tucson and Optum are also sponsors.

C. 6 hours of CE credit is being offered based on the total instructional time of 370 minutes within the 10 hour full day event. Open networking time is not included in this instructional time.

D. Cost, attendance and refund policy:
Workshop fees are $30 General Registration plus $20 for CE credits.

CANCELLATIONS are subject to a $50.00 processing fee and must be received 14 days prior to be eligible for a refund.

IMPORTANT NOTICE: Those who attend this workshop in full and complete the appropriate evaluation form will receive CE credits. Please note that credit will only be granted to those who attend the entire workshop. Those arriving more than 15 minutes after the start time or leaving before the workshop is completed will not receive CE credit.

SPECIAL NOTE: The USD Wellness Area is committed to providing fully accessible programming. Participants in need of accommodations are invited to contact Ms. Raquel Rosario, Dr. Karen Lese-Fowler, or the Disability and Learning Differences Resources Center at least two weeks in advance.
The University of San Diego Wellness Area is approved by the California Psychological Association to provide continuing professional education for psychologists. The University of San Diego Wellness Area maintains responsibility for this program and its content.