

## Outline

Begin 10AM EST  
Military Culture  
Language  
Rank  
Customs and Traditions  
Clinical Implications  
Treatments for PTSD  
Prolonged Exposure  
Cognitive Processing Therapy  
Pharmacotherapy  
Other Interventions  
Posttraumatic Growth  
Treatment of Co-occurring Disorders and Other Clinical Issues  
Nightmares  
Insomnia  
END 12 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 up to three times. Participants will earn 2 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 Presenters

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 20 books, including Handbook of Clinical Psychopharmacology for Psychologists, Handbook of Clinical Psychopharmacology for Therapists, Child and Adolescent Clinical Psychopharmacology Made Simple, 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 Charles S. Gersoni Military Psychology Award and 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, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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P.O. Box 310  
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## Mental Health and the Military: Cultural and Clinical Considerations for Treating Veterans with PTSD and Related Conditions

This course is designed to provide an overview of military culture and how military culture impacts clinical practice with veterans and military personnel. A review of effective treatments for posttraumatic stress disorder (PTSD) and related conditions will be reviewed as well as other related clinical issues such as nightmares and insomnia. Psychological and pharmacological treatments reviewed will focus on those with the most rigorous scientific support currently available. The concept of posttraumatic growth will be highlighted, particularly as it relates to understanding trauma response from a unique perspective.

### 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. Describe the importance of military cultural competence when working with veterans.
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. List the five domains of posttraumatic growth

## Seminar Schedule

Typically begins at 10:00 AM and ends at 12:00 PM Eastern time. However, check the webinar schedule.