

Department of Veterans Affairs Employee Education System

and

The National Center for Post-Traumatic Stress Disorder (NC-PTSD)

present

COURSE NO. 07.ST.MH.PTSD10116.A

**OVERCOMING BARRIERS TO POST-TRAUMATIC STRESS DISORDER (PTSD)
TREATMENT ENGAGEMENT**

EES WEB-BASED TRAINING EDUCATIONAL ACTIVITY

Originally Released
February 1, 2007

Review
October 1, 2008
October 1, 2011

Expiration
October 1, 2013

Place: Your computer workstation.

Purpose: This presentation reviews strategies for improving posttraumatic stress disorder (PTSD) patients' motivations to engage in treatment and for changing long-standing maladaptive ways of coping with PTSD symptoms. Topics reviewed include behaviors that PTSD patients are often ambivalent about changing, roadblocks to admitting need to change, overview of a PTSD motivation enhancement group, treatment-related beliefs (fears and expectancies), and therapeutic alliance factors. This presentation introduces clinicians to common barriers to treatment engagement and some motivational techniques to address those barriers.

Outcome Objectives: After viewing the presentation, the participant will be able to:

1. identify reasons why patients may be reluctant to change long-standing behaviors;
2. outline key elements of the PTSD Motivation Enhancement Group; and
3. articulate common differences between clients' and therapists' perspectives and assumptions that may impede effective treatment.

Target Audience: Mental health leadership/clinicians, OIF/OEF outreach coordinators and clinical managers, psychiatrists, psychologists, social workers, nurses, primary care clinicians, and others involved in the provision of services, outreach/communication, or program planning for veteran populations (such as OIF/OEF) and others who have suffered traumatic stress.

Accreditation/Approval:**Accreditation Council for Continuing Medical Education (ACCME)**

The VA Employee Education System is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

American Nurses Credentialing Center (ANCC)

VA Employee Education System is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

California Board of Registered Nursing (CA BRN)

The VA Employee Education System is accredited as a provider of continuing education in nursing by the California Board of Registered Nursing.

Continuing Education Credit:**Accreditation Council for Continuing Medical Education (ACCME)**

The VA Employee Education System designates this educational activity for a maximum of **1.0 AMA PRA Category 1 Credit(s)**TM. Physicians should only claim credit commensurate with the extent of their participation in the activity.

American Nurses Credentialing Center (ANCC)

VA Employee Education System designates this educational activity for **1.0** contact hours in continuing nursing education.

***NOTE:** The California (CA) Board of Registered Nursing (BRN) will not accept ANCC credit toward the renewal of CA licensure, unless the CA licensed nurse-participants are physically outside of the state of CA when they commence and complete ANCC accredited educational activities.*

California Board of Registered Nursing (CA BRN)

This continuing education activity has been presented by the VA Employee Education System for **1.0** contact hours. Provider approved by the California Board of Registered Nursing: Provider Number **CEP 4714**.

Association of Social Work Boards (ASWB)

VA Employee Education System, Provider Number 1040, is approved as a provider for continuing education by the Association of Social Work Boards 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 4/7/10 - 4/7/13. Social workers should contact their regulatory board to determine course approval. Social workers will receive **1.0** continuing education clock hours in participating in this course.

The California Board of Behavioral Sciences (CA BBS)

The VA Employee Education System (Provider #: PCE3204) asserts that this educational activity meets the qualifications for **1.0** hours of continuing education credit for Marriage and Family Therapist MFTs and/or for LCSWs as required by the California Board of Behavioral Sciences.

A certificate of attendance will be awarded to participants and accreditation records will be on file at the Employee Education System. In order to receive a certificate from EES, participants must: register and complete an evaluation online; participate in 100% of the educational activity; and generate, per instructions, their own certificate at the conclusion of the activity. **EES cannot issue certificates for less than 100% participation, as required by accrediting body regulations.**

Report of Training: It is the program participant's responsibility to ensure that this training is documented in the appropriate location according to his/her locally prescribed process.

Program Content

Introduction		<i>Ronald T. Murphy, Craig Rosen</i>
Lesson 1:	Part I – Motivation to Change as a PTSD Therapy Barrier	<i>Murphy, Rosen</i>
Lesson 2:	Part II – Treatment Beliefs as PTSD Therapy Barriers	<i>Murphy, Rosen</i>
Lesson 3:	Part III – Therapeutic Alliance Problems as a PTSD Therapy Barrier	<i>Murphy, Rosen</i>
Summary		<i>Murphy, Rosen</i>

Program Development

Authors and Planning Committee (*Denotes Planning Committee, + Denotes Faculty)

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Application Procedure:

There is no need to register in advance for this program.

In order to access the course, participants must access the course via the National Center for Post-Traumatic Stress Disorder website at: <http://www.ptsd.va.gov/PTSD/professional/ptsd101/course-modules/overcoming-barriers.asp>

After completing this course, participants should visit the NCPTSD Continuing Education Credit page at: <http://www.ptsd.va.gov/professional/ptsd101/pages/continuing-education-credit.asp>

Deadline Date:

This program will no longer be authorized for continuing education credit after October 1, 2013. Information on participation may be obtained from Martin Oexner, Project Manager, St. Louis Employee Education Resource Center, 1 Jefferson Barracks Drive, Bldg. 2, phone 314-894-6452.

The Rehabilitation Act of 1973, as amended:

The Employee Education System wishes to ensure no individual with a disability is excluded, denied services, segregated or otherwise treated differently from other individuals participating in its educational activities, because of the absence of auxiliary aids and services. If you require any special arrangements to attend and fully participate in this educational activity, please contact Martin Oexner, Project Manager, EES, St. Louis Employee Education Resource Center, phone 314-894-6452, e-mail

Martin.Oexner@va.gov.

Disclosure(s):

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Each faculty and planning committee member reported having no relevant * financial relationships with any commercial interest. This activity includes no discussion of uses of FDA regulated drugs or medical devices which are experimental or off-label.

*The ACCME defines “relevant financial relationships” as financial relationships in any amount occurring within the past 12 months that creates a conflict of interest.