PTSD and Moral Injury: Skills to Effectively Treat a Veteran Population

A full-day workshop with presenter Krista Krebs, Ph.D., PTSD specialist and Co-Chair of the PTSD Mentoring Group with the Veterans Integrated Services Network #23, including a video consultation with Dr. Elissa McCarthy from the National PTSD Consultation Program and resources provided by VA Health Care and National Center for PTSD.

Friday, September 15, 2017

VA Nebraska-Western Iowa Health Care System Lincoln VA Clinic

600 South 70th St., Lincoln
Main Building (Building 4)
Auditorium (North end of main building)
(See back page for Map of Lincoln VA Clinic)

Register online at:
https://www.regonline.com/NPAptsd

NPA Membership Benefits include:
Reduced fees and guaranteed registration at continuing education events! Thank you for supporting NPA through membership and donation – www.nebpsych.org
If you work with trauma victims you know it is not enough to be skilled in just one of the EBTs for PTSD. This workshop will cover treatment of moral injury in a Veteran population, and focus on general skills that enhance treatment engagement and outcomes. The latest PTSD clinical guidelines will be reviewed, with discussion of recent data about “firstline” treatments. We will explore information regarding how psychotherapy results in sustained changes in brain structure and functioning. Attendees will also learn about the VA National PTSD Consultation program available to any clinician working with a Veteran who has PTSD, and will get resources for working with Veterans who have PTSD that are useful for work with all trauma survivors.

**Learning Objectives**

At the end of this presentation, participants will be able to:

1. Identify the Clinical Practice Guidelines for the treatment of trauma related disorders and how to access those guidelines on an ongoing basis.
2. Discuss the recent information from meta-analyses regarding relative effect sizes of available treatments, and recent information regarding the neurobiology of PTSD effects and the potential for their reversal.
3. Describe basic information about trauma-focused CBT processes such as Cognitive Processing Therapy and Prolonged Exposure therapy, and identify resources to pursue further training in those modalities of treatment.
4. Identify the VA’s National PTSD Consultation Program and the services available to practitioners who are working with Veterans who have PTSD, and how to access those services.
5. Discuss concepts related to moral injury in general, and in particular the impact of moral injury on work with Veterans who have PTSD, and the latest treatment paradigms available for treatment of moral injury in Veteran trauma survivors.
6. Describe a set of ideas and resources to assist them with enhancing their client/patient’s motivation to engage in evidence based treatment alternatives that are likely to be emotionally taxing, and ideas and resources to assist with common treatment interference stemming from the use/overuse of ETOH/Marijuana/Benzodiazepines.

**Workshop Schedule**

- **8:00 – 8:30** Registration (coffee, tea, juices, fruit, pastries)
- **8:30 – 10:15** Morning Session
- **10:15 – 10:30** Break
- **10:30 – 12:00** Continue Morning Session
- **12:00 - 1:30** Lunch
- **1:30 – 3:00** Afternoon Session
- **3:00 – 3:15** Break
- **3:15 – 4:30** Continue Afternoon Session

**Krista Krebs, Ph.D.** has served as the PTSD Specialist Psychologist at the Grand Island Veteran’s Affairs Hospital for the past 10 years. In that time she has also served as the Site Supervisor for the Outpatient Mental Health Clinic for the last 6 years, working with an interdisciplinary team composed of Psychologists, Social Workers, Psychiatrists, Psychiatric Nurse Practitioners and RNs, and Clinical Pharmacists. In October 2016, she also assumed the role of Co-Mentor for the VISN 23 PTSD Mentoring group, working with a group of VA providers across North Dakota, South Dakota, Nebraska and Western Iowa, and Minnesota, together with her Co-Mentor Margo Norton, Ph.D. in Fargo, ND. Additionally, Dr. Krebs provides training and supervision to Post-Graduate Psychologists, and to Pre-Doctoral Psychology Interns as part of the Nebraska Western Iowa VA Healthcare system APA accredited Internship program. She serves as the Grand Island site PTSD rotation supervisor, and provides PTSD specific training throughout the internship year. Prior to her work at the VA, Dr. Krebs completed her graduate work at Iowa State University in Ames, IA and her Pre-doctoral internship at the Colmery O’Neil VA Medical Center in Topeka, KS with an emphasis on PTSD training in their residential PTSD program. She completed her degree in 2000. She has also worked as a psychologist at several state run units, including at the Hastings Regional Center in Hastings, NE and at the Larned State Hospital in Larned, Kansas, working with severely mentally ill adult and adolescent patients committed for care.

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Prior to Aug. 15, 2017
Early Registration
- NPA Members, VA Employee: $140
- General Registration/NonMembers: $170
- Interns, Graduate Students: $30

On or After Aug. 15, 2017
Regular Registration
- NPA Members, VA Employee: $165
- General Registration/NonMembers: $195
- Interns, Graduate Students: $30

Name/Degree: ________________________________
Address: ____________________________________
City/State/Zip: __________________________________
Phone #: __________________________ Email: ________________________

I am: 
[ ] NPA Member [ ] VA Employee [ ] Other
I am: 
[ ] Psychologist [ ] Intern [ ] Graduate Student [ ] Other

Lunch RSVP: 
[ ] Yes – lunch at the Conference [ ] No — lunch on my own

Lunch Selection
Choice of the following box lunch selections that include sandwich, chips, fruit and cookie:
[ ] Turkey
[ ] Roast Beef
[ ] Ham
[ ] Vegetarian

Please advise if you have special dietary needs, i.e. gluten free, nonfat, vegan: ________________________________

Check # __________________ VISA [ ] Mastercard [ ]

Amount to Charge: $ __________________

Acct #: __________________________

Exp: __________________ CVV # ______________ Zip Code ____________

(Billing Address)

Signature: ________________________________

Make checks payable to:
Nebraska Psychological Association

Send registration form with payment to:
Nebraska Psychological Association
P.O. Box 6785, Lincoln, NE 68506
Fax: 877-355-9234

Written notification is required on or before September 11, 2017 for complete refund of registration fee.

Questions – Contact NPA at:
npa@nebpsych.org or 402-475-0709 or 877-355-7934
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The workshop is being held in the Auditorium which is in Building 4 (yellow building circled in RED) which is located at the North end of the campus.

This VA Lincoln Clinic Campus map is available at: https://www.nebraska.va.gov/locations/Maps/LincolnCampus.jpg

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Continuing Education — The Nebraska Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Nebraska Psychological Association maintains responsibility for this program and its contents. Participants attending this conference can receive 6 CEUs for psychologists. This program meets the criteria of an approved continuing education program for mental health practice.

Complete refund of the registration fee will be distributed if cancellation occurs on or before September 11, 2017.

In accordance with Title III of the Americans with Disabilities Act, registrants are asked to advise NPA of any disability so we can make necessary arrangements to accommodate you.

All questions, comments and complaints should be directed to the NPA Central Office, 402-475-0709, 877-355-7934 or npa@nebpsych.org.