

About the Presenter

Regina Shillinglaw, Ph.D.
Deployment Behavioral Health Psychologist



Regina Shillinglaw, Ph.D., is a deployment behavioral health psychologist with the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. Located at Wright Patterson Medical

Center in Ohio, she is a faculty member and the assistant training director in the APA-approved pre-doctoral psychology internship training program. There, she engages in clinical work, assists with program management and trains psychology, psychiatry and social work residents and interns on deployment-related mental health issues. Dr. Shillinglaw is also a consultant on base for deployment-related issues and is a liaison between Wright Patterson Medical Center and agencies throughout Ohio for military behavioral health issues. In addition, she teaches military mental health topics to civilian mental health professionals in various locations.

Dr. Shillinglaw is a veteran of the United States Air Force. While on active duty, she was stationed at Robins Air Force Base for three years as the chief of Psychological Services. She received her Ph.D. in clinical psychology from the University of South Carolina.

Prior to joining CDP, Dr. Shillinglaw was in private practice where she treated adult and child trauma survivors, patients with depression and/or anxiety disorders, and families in the process of divorce. She also conducted forensic evaluations pertaining to custody matters.

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The Fearon Institute is a tribute to Ms. Shirley Fearon, founding director of ReDiscover. Ms. Fearon led the establishment of the agency in 1968 in response to a lack of services for mentally ill persons in Southern Jackson County. ReDiscover is now a major mental health provider of multiple services in numerous locations for persons of all ages.

Upon Ms. Fearon's retirement in 1995, the Fearon Institute was created, fulfilling the founder's dream to add to the continuing education of mental health professionals.

ReDiscover Help, Hope, and Healing

Headquarters

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Serving Veterans Mental Health



Monday
April 3, 2017
8AM - 5PM

Kauffman Foundation
4801 Rockhill Rd.
Kansas City, MO

ReDiscover Help, Hope, and Healing

OVERVIEW OF WORKSHOP MODULES

Military Culture: Enhancing Clinical Competence

This training module is for civilian mental health providers who want to develop a better understanding about how the military works and who comprises the armed forces. It provides an overview of military culture to include basics about its history, organizational structure, core values, branches of the service, mission and operations, as well as the differences between the active and reserve components. Participants acquire greater competency in working with service members by learning military culture and terminology, and by discussing how aspects of the military culture impact behaviors and perspectives.

Workshop Objectives

At the completion of this workshop, attendees should be able to:

- recognize the structure and major components of the United States military
- identify common characteristics of the military population and how they compare to the general population
- discuss the importance of a distinct culture to the military
- describe elements of the military experience and lifestyle that are integral to military culture

Assessment and Treatment of Suicidal Behavior Associated with Military Service: An Overview

This training module first outlines the rates of suicide in the civilian and military population. Next, risk factors, warning signs, and protective factors related to suicide are covered with an explanation of the difference between warning signs and risk factors. Comorbid mental health conditions associated with suicidal behavior among military members are identified. Next, theoretical underpinnings of suicidal behavior are addressed with an emphasis on two specific theories. Some of the VA/DoD Clinical Guidelines for addressing suicidal behavior are identified with an emphasis on recommended therapy approaches. Finally, a Cognitive Therapy protocol for suicidal patients is outlined, and this includes recommendations regarding components of assessment.

Workshop Objectives

At the completion of this workshop, attendees should be able to:

- discuss the prevalence of suicide in the civilian and military population
- identify warning signs, risk factors, and protective factors for suicidal behavior
- understand theoretical underpinnings of suicidal behavior
- discuss an empirically-supported therapy for treating military clients displaying suicidal behaviors



Workshop Schedule

8AM	Registration and Breakfast
8:30AM	Introductory Remarks
9AM	Military Culture: Enhancing Clinical Competence
10:30AM	Break
10:45AM	Military Culture (continued)
12:15PM	Lunch (provided)
1:30PM	Assessment and Treatment of Suicide
3PM	Break
3:15PM	Assessment and Treatment of Suicide (continued)
4:45PM	Wrap Up



Registration Fee

(includes light breakfast and lunch)

Early Bird: \$95 per person, before March 13
\$105 per person after March 13



Register Online rediscovermh.org

Refunds will be given for cancellations made up to 1 week before the workshop.



Continuing Education

The University of Missouri - St. Louis, Missouri Institute of Mental Health will be responsible for this program and maintain a record of your continuing education credits earned. The Missouri Institute of Mental Health will award 6.3 clock hours or 7.5 contact hours (.8 CEUs) for this activity. MIMH credit will fulfill Clinical Social Work, Counselor and Psychologist licensure requirements in the State of Missouri. To verify licensure requirements go to: <http://pr.mo.gov>. If you reside outside of Missouri, submit a copy of this brochure to your Board prior to registering to ensure that you receive appropriate credit.