MENTAL HEALTH INTEGRATION FOR CHAPLAIN SERVICES (MHICS)

OFFICIAL TRANSCRIPT

2021-2022 Training Cohort

Participant Name: Katelyn O'Dunne

MHICS Training Description:
Mental Health Integration for Chaplain Services (MHICS) is an intensive sub-specialty training that aims to better equip chaplains in the provision of care to persons with emotional and psychosocial challenges. This innovative training uses formational, interactive, and applied methods to cultivate knowledge and skills in evidence-based psychosocial and integrative approaches to spiritual and pastoral care. Our aim is to further develop professional chaplaincy through the application of new and relevant skills within the contexts chaplains serve, whether clinical, training, or operational. Faculty and presenters include top experts from the Department of Veterans Affairs, the Department of Defense, and academic settings.

The MHICS training program spans three academic semesters, each consisting of a course and participation in practicum small-group consultation calls. Each course requires completing distance modules, a written paper, and attending a multi-day training intensive. Each distance module is comprised of three 50-60-minute video didactics, readings, and interactive online assignments. Consultation calls focus on application of material through case examples. All participants present actual (de-identified) cases during their small-group calls as part of learning how to incorporate different evidence-based modalities into their chaplain care – in particular, Acceptance and Commitment Training (ACT), Problem-Solving Training (PST), and Motivational Interviewing (MI) – and to enhance collaboration with interdisciplinary colleagues.

MHICS Training Objectives:
The MHICS training aims to provide chaplains with educational content that can be flexibly applied. In particular, the MHICS training aims to equip chaplains to do the following: identify the signs and symptoms of mental health problems (especially those prevalent among Veterans and Service members); judiciously use evidence-based psychological practices and principles within the scope of chaplaincy practice; effectively collaborate with mental health professionals (including bidirectional exchange of referrals and mutual understanding of services offered); foster resilience, human flourishing, and prevention of mental health problems; critically interpret, use, and potentially participate in scientific research; understand important psychological processes and psychosocial issues; provide care for care providers and practice good self-care; and address the unique religious, spiritual, cultural, and relational needs of persons with mental health problems.

Course 1: Innovations in Care for Mental Health and Chaplaincy (August 25 – December 13, 2021)		
MODULE	**UNIT**	**INSTRUCTOR(S)**
1. Pastoral care and approaches to psychotherapy	1. History of psychotherapy and pastoral care	Jason Nieuwsma, Ph.D.; Kent Drescher, Ph.D., M.Div.; Lowell Kronick, BCC
	2. Defining "evidence-based" in psychotherapy	Jason Nieuwsma, Ph.D.; Kent Drescher, Ph.D., M.Div.
	3. Overview of contemporary psychotherapies	Jason Nieuwsma, Ph.D.; William Cantrell, M.Div., BCC
2. Chaplaincy standards of practice	1. Spiritual assessment	Kenneth Pargament, Ph.D.; George Fitchett, D.Min., Ph.D.
	2. Screening, referral, and informed consent	Paul Dordal, D.Min., BCC-MH; Jessica LaCroix, Ph.D.
	3. Documentation of chaplaincy care	George Handzo, M.Div., BCC, CSSBB; CAPT Sheila O'Mara, USN (Ret.), M.Div.
3. Spiritual care and innovations	1. Spiritual practices and contemporary psychotherapy	Jason Nieuwsma, Ph.D.; Kent Drescher, Ph.D.; William Cantrell, M.Div., BCC
	2. Mindfulness	Elizabeth Stanley, Ph.D.
	3. Possibilities for spiritual care in Acceptance and Commitment Therapy (ACT)	Steven Hayes, Ph.D.
4. Acceptance and Commitment Training (ACT)	1. Introduction to ACT: The perils of language	Robyn Walser, Ph.D.
	2. The practice of ACT: Facilitating the process of change	Robyn Walser, Ph.D.; Steven Hayes, Ph.D.
	3. Applications of ACT within chaplaincy	Steven Hayes, Ph.D.
5. Motivational Interviewing (MI)	1. Motivational Interviewing (MI) Training: An introduction	Roy Stein, M.D.; Patricia Murphy, Ph.D., BCC, LPC
	2. Motivational Interviewing (MI) Training: Fundamental skills	Roy Stein, M.D.; Patricia Murphy, Ph.D., BCC, LPC
	3. Motivational Interviewing (MI) Training: Considerations and techniques	Roy Stein, M.D.; Patricia Murphy, Ph.D., BCC, LPC
6. Problem Solving Training (PST)	1. Problem Solving Therapy (PST) Training: An introduction	Arthur Nezu, Ph.D.; Christine Nezu, Ph.D.
	2. Problem Solving Therapy (PST) Training: Treatment components and tools	Arthur Nezu, Ph.D.; Christine Nezu, Ph.D.
	3. Problem Solving Therapy (PST) Training: Applications for chaplaincy	Christine Nezu, Ph.D.
Course 1 Training Intensive	**August 31 – September 3, 2021**	**Virtual**
Completion Date: December 13, 2021		

Course 2: Signs and Symptoms in Mental Health and Chaplaincy (January 10 – May 5, 2022)		
MODULE	**UNIT**	**INSTRUCTOR(S)**
1. Mental health essentials	1. Mental health providers and settings	Warren Kinghorn, M.D., Th.D.; Col. John Forbes, M.D., USAF; Lt. Col. John Yeaw, Psy.D., ABPP, Army; CAPT John Ralph, Ph.D., USN;
	2. Mental health diagnoses	Warren Kinghorn, M.D., Th.D.
	3. Pharmacotherapy	Warren Kinghorn, M.D., Th.D.; Col. John Forbes, M.D., USAF
2. Mood disorders, substance abuse, and serious mental illness (SMI)	1. Depression and mood disorders	Keith Meador, M.D., Th.M., MPH.; John Williams, M.D., MHSc.
	2. Substance use disorders	Roy Stein, M.D.; Michael Pollitt, D.Min., BCC
	3. Serious Mental Illness (SMI)	Warren Kinghorn, M.D., Th.D.
3. Suicide	1. Suicide globally and in military and veteran populations	Jason Nieuwsma, Ph.D.; Jessica LaCroix, Ph.D.; Rajeev Ramchand, Ph.D.
	2. Suicide intervention strategies for chaplains	Jessica LaCroix, Ph.D.
	3. Religion, spirituality, and suicide	Loren Townsend, Ph.D.
4. Upstream suicide prevention	1. Human flourishing	Keith Meador, M.D., Th.M., MPH; Jason Nieuwsma, Ph.D.; Chris Smith, Ph.D.; Rabbi Dayle Friedman, M.A., MSW, BCC
	2. Stress and resilience	Keith Meador, M.D., Th.M., MPH; Jason Nieuwsma, Ph.D.; Rabbi Dayle Friedman, M.A., MSW, BCC; Chris Smith, Ph.D.
	3. Demographic considerations	Keith Meador, M.D., Th.M., MPH; Jason Nieuwsma, Ph.D.; Chris Smith, Ph.D.; Derek Griffith, Ph.D.; Sarah Wilson, Ph.D.
5. Posttraumatic Stress Disorder (PTSD)	1. Overview and evolution of PTSD	John Fairbank, Ph.D.; Kent Drescher, Ph.D., M.Div.
	2. Evidence-based psychotherapy for PTSD	Patricia Resick, Ph.D., ABPP
	3. Sexual assault and military sexual trauma (MST)	Onna van Orden, Ph.D.; Nathan Galbreath, Ph.D., M.F.S.; Melissa Ming Foynes, Ph.D.; Capt. Mary Ellison Baars O'Malley, M.Div., M.A.; Chaplain Carol Ramsey-Lucas, M.Div., BCC
6. Moral Injury	1. Moral injury: Part 1	Kent Drescher, Ph.D., M.Div.; Jonathan Shay, M.D., Ph.D.
	2. Moral injury: Part 2	CAPT William Nash, M.D., USMC, USN (Ret.)
	3. Providing care for moral injury	Warren Kinghorn, M.D., Th.D.
Course 2 Training Intensive	**January 11-14, 2022**	**Virtual**
Completion Date: May 5, 2022		

Course 3: Contemporary Conversations in Mental Health and Chaplaincy (August 24 – Dec 9, 2022)		
MODULE	**UNIT**	**INSTRUCTOR(S)**
1. Spirituality and linkages to mental health	1. Examining the relationship between spirituality & health: Promises and pitfalls	Ellen Idler, Ph.D; George Fitchett, D.Min., Ph.D.
	2. Research growth and trends in spirituality and health	Jeff Levin, Ph.D., MPH.
	3. Spiritual care in a time of therapeutic technique	Keith Meador, M.D., Th.M., MPH.; Don Doherty, M.A., Ed.S.; CAPT Sheila O'Mara, USN (Ret.), M.Div.; Lowell Kronick, BCC; Keith Ethridge, M.Div., BCC, ACPE Certified Educator; Ellen Idler, Ph.D.; Jeff Levin, Ph.D., MPH.
2. Research methods for chaplaincy	1. Toward a research-informed chaplaincy	Daniel Grossoehme, D.Min., M.S.
	2. Evaluating the impact of care: Mixed methods for systemic inquiry	Jason Nieuwsma, Ph.D.; Daniel Grossoehme, D.Min., M.S.
	3. Approaching research within chaplaincy	Jaco Hamman, Ph.D.
3. Care for the care provider	1. Stress response and self-care	Jeffrey Rhodes, D.Min.; Elizabeth Stanley, Ph.D.; Keith Ethridge, M.Div., BCC, ACPE Certified Educator
	2. Care for the care providers and command	Keith Ethridge, M.Div., BCC, ACPE Certified Educator; Jeffrey Rhodes, D.Min.; Elizabeth Stanley, Ph.D.
	3. ACT for the care provider	Jason Nieuwsma, Ph.D.
4. Caring for adults over the lifespan	1. Guidance for chaplains working with couples	Tonya D. Armstrong, Ph.D., MTS, LP, HSP-P
	2. Guidance for chaplains working with families	Tonya D. Armstrong, Ph.D., MTS, LP, HSP-P
	3. Geriatric and palliative care	Keith Meador, M.D., Th.M., MPH; Paul Galchutt, MPH, MDiv, BCC
5. Culturally responsive care	1. Culturally sensitive care	Phillis Sheppard, Ph.D., LCPC
	2. Contextualizing mental health care	Crystal Yarborough, LCSW, LCAS, CCS
	3. Culturally responsive spiritual care	Paul Dordal, D.Min., BCC-MH
6. Spirituality, suffering, and resilience	1. A theological rethinking of trauma and suffering	Shelly Rambo, Ph.D., S.T.M., M.Div.
	2. Resilience	Richard Tedeschi, Ph.D.
	3. Human flourishing	Keith Meador, M.D., Th.M., MPH.; Richard Tedeschi, Ph.D.
Course 3 Training Intensive December 6-9, 2022		**Nashville, TN at Vanderbilt Divinity School**
Completion Date: <u>December 9, 2022</u>		

Requirements for successful completion of course content include: watching and completing engagement questions for every unit's training video (each course contains 18 videos of ≈ 1 hour each); completing assigned readings for all units; contributing to online threaded discussions for all modules; participating in small-group videoconferencing Consultation Calls for all modules or completing make-up work; completing the semester paper and other assignments as required; and attending a multi-day intensive training for each course.