

**Department of Veterans Affairs, Employee Education System**  
And  
**The National Center for Post-Traumatic Stress Disorder (NC-PTSD)**

Present

## **PTSD 101: Resilience to Trauma and PTSD**

*12.TE.ST.MH.PTSD101RT.A*

**Program Release:** June 1, 2012      **Program Expiration:** September 30, 2014

### **Place**

Your computer work station

### **Purpose Statement**

This web based course is part of the PTSD 101 education series which are presented by experts in their field to increase provider knowledge related to the assessment and treatment issues of Post-Traumatic Stress Disorder (PTSD). Decades of literature has focused on understanding PTSD and on the treatment of PTSD. However, there is a knowledge disparity in understanding and building resilience to trauma and PTSD. This course describes the current scientific literature behind resilience and describes how clinicians can foster resilience in their patients.

### **Target Audience**

The target audience includes mental health leaders/clinicians, Operation Enduring Freedom/Operation Iraqi Freedom (OEF/OIF) 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 who have suffered traumatic stress.

### **Outcome/Objectives**

At the conclusion of this educational program, learners will be able to:

1. define and describe resilience;
2. review the scientific literature related to mediators and moderators of trauma and resilience and growth;
3. describe clinical applications of resilience and growth.

## Registration / Participation in the Activity Procedure

### For VA Employees:

1. Please register for this program in TMS through this link:  
[https://www.tms.va.gov/plateau/user/deeplink\\_redirect.jsp?linkId=ITEM\\_DETAILS&componentID=14142&componentTypeID=VA&revisionDate=1338406080000](https://www.tms.va.gov/plateau/user/deeplink_redirect.jsp?linkId=ITEM_DETAILS&componentID=14142&componentTypeID=VA&revisionDate=1338406080000)
2. Review EES Program Brochure
3. Click on “Go to Content” and participate in 100% of program activity
4. Click on the link titled, “Exam, Evaluation and Certificate.” Complete the post-test. You must score 80% or higher
5. Complete Program Evaluation
6. Click on and complete “Launch Self-Certification”
7. Print Certificate of Completion.
8. Once accessed the course and will remain on available on your TMS To-Do list. Once complete, the certificate can be accessed through your TMS Completed Work list.

For issues with the TMS site, contact [vatmshelp@va.gov](mailto:vatmshelp@va.gov).

### For Non-VA Employees:

1. Register and log on to EES External Librix site at <https://www.ees-learning.net/librix/loginhtml.asp?v=librix> which houses the testing, evaluation, and accreditation for non-VA employees
2. To find the PTSD 101 Courses, click on "AVAILABLE COURSES" tab.
3. Enter "PTSD 101" as a keyword in the Advanced Search.
4. To Register: Click on the course you want, or on "Sign Me Up."
5. Then go to "My Courses." The course should now show up. When you click on the course name, it will bring you to the test.
6. Complete the post test and evaluation.

*For issues with courses in EES, contact [eeswbthelp@va.gov](mailto:eeswbthelp@va.gov). EES Contact Information*

Martin Oexner, Project Manager, St. Louis Employee Education Resource Center, #1 Jefferson Barracks Drive, Building 2, St. Louis, MO 63125, phone (314) 894-6452, or e-mail: [Martin.Oexner@va.gov](mailto:Martin.Oexner@va.gov).

Heather Holshouser, Project Support Assistant, St. Louis Employee Education Resource Center, #1 Jefferson Barracks Drive, Building 2, St. Louis, MO 63125, phone (314) 894-6648 ext. 63316, or e-mail: [Heather.Holshouser@va.gov](mailto:Heather.Holshouser@va.gov).

## Accreditation/Approval

The accreditation organizations for this course are listed below.

### *American Psychological Association (APA)*

The VA Employee Education System (EES) is approved by the American Psychological Association to sponsor continuing education for psychologists. The Employee Education System maintains responsibility for this program and its content.

### ***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.

## **Continuing Education Credit**

### ***American Psychological Association (APA)***

As an organization approved by the American Psychological Association, the VA Employee Education System is sponsoring this activity for 1.0 hours of continuing education credit. The Employee Education System maintains responsibility for this program and its content.

### ***American Nurses Credentialing Center (ANCC)***

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

### ***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. <http://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.

## **Statement of Participation**

A certificate of completion will be awarded to participants and accreditation records will be on file in the VA Talent Management System (TMS). In order to receive a certificate of completion from EES, you must register in the TMS, complete 100% of the program, pass the post-test with a score of 80% or higher, and submit the evaluation as directed. For all VA TMS users, completion certificates will be available in the Completed Works section of your VA TMS account. Non-VA TMS account holders will be provided a copy of their completion certificate via Email.

## **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 Schedule

Program Schedule Date: 6/1/2012 – 9/30/2014

<b>Content</b>
Introduction
Define and Describe resilience
Scientific Literature Related to Mediators and Moderators of Trauma and Resilience and Growth
Clinical Applications of Resilience and Growth

*Approximate total time 60:00 minutes*

## Faculty and Planning Committee Listing

\* Denote planning committee

+ Denotes faculty

<p>*Nancy Bernardy, PhD Program Director, VHA PTS Mentoring Program National Center for PTSD White River Junction, VT</p>	<p>*Matthew Friedman, MD Executive Director National Center for PTSD, Executive Division White River Junction, VT</p>
<p>*Deborah Grizzard, RN, MN, CAN, CPHQ Chief Nurse, Mental Health Palo Alto VA Health Care System Palo Alto, CA Planning Member for ANCC</p>	<p>*James Leathem, MSW, LCSW-R Social Work Section Chief – Mental Health Northport VA Medical Center Northport, NY Planning Member for ASWB and CA BBS</p>
<p>*Martin Oexner, MA/ISSc Project Manager St. Louis Employee Education Resource Center St. Louis, MO</p>	<p>+Steven Southwick, MD Director, PTSD, Psychiatry Service West Haven VA Medical Center West Haven, CT</p>
<p>*Pamela Swales, PhD Psychologist National Center for PTSD Educational and Clinical Laboratory Division Palo Alto VA Health Care System Menlo Park, CA Planning Member for APA</p>	

**EES Program Staff for Trace Code: 12.TE.ST.MH.PTSD101RT.A**

Martin Oexner, MA/ISSc  
Project Manager  
St. Louis Employee Education Resource Center  
St. Louis, MO

Heather Holshouser  
Project Support Assistant  
St. Louis Employee Education Resource Center  
St. Louis, MO

**Accessibility Statement: (Reasonable Accommodation)**

“The U.S. Department of Veterans Affairs (Employee Education System) is committed to providing equal access to this meeting (or event) for all participants. If you need alternative formats or services because of a disability, please contact Martin Oexner, Project Manager, EES, St. Louis Employee Education Resource Center, phone 314-894-6452, e-mail [Martin.Oexner@va.gov](mailto:Martin.Oexner@va.gov) with your request by close of business September 30, 2014.”

**Disclosure Statement**

The VA Employee Education System (EES) must ensure balance, independence, objectivity, and scientific rigor in all of its individually sponsored or jointly EES sponsored educational activities. All prospective faculty and planning committee members participating in an EES activity must disclose any relevant financial interest or other relationship with: (a) the manufacturer(s) of any commercial product(s) and / or provider(s) of commercial services discussed in an educational presentation, and (b) any commercial supporters of the activity. Relevant financial interest or other relationship includes, but is not limited to, such things as personal receipt of grants or research support, employee or consultant status, stockholder, member of speakers’ bureau, within the prior 12 months. EES is responsible for collecting such information from prospective planners and faculty, evaluating the disclosed information to determine if a conflict of interest is present and, if a conflict of interest is present, to resolve such conflict. Information regarding such disclosures and the resolution of the conflicts for planners and faculty shall be provided to activity participants. When an unlabeled use of a commercial product or an investigational use not yet approved by the FDA for any purpose is discussed during an educational activity, EES shall require the speaker to disclose that the product is not labeled for the use under discussion or that the product is still investigational.

The faculty and planning committee members reported that they had no relevant financial relationships with commercial entities in any amount that occurred within the past 12 months that create a conflict of 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.