

# Observed barriers to implementation of empirically-supported treatments by clinicians working with military & veteran patients

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# NCVS trainings

“Mental health & the military: strategies for treating veterans and their families”

- Offered through Premier Education Solutions
- Day-long workshop, live web streaming, DVD viewing
- Topics:
  - PE & CPT for PTSD and comorbid PTSD/SUD
  - CBTi for insomnia
  - IRT for nightmares
  - BCBT for suicidal behaviors
  - CBCT for PTSD

# NCVS trainings

“Brief cognitive behavioral therapy for suicidal military personnel & veterans”

- Day-long workshop
- Topics:
  - Core competencies in working with suicidal patients
  - Step-by-step review of CCBT manual, with case examples

# Common barriers

- Inadequate training & habit
- Misconceptions about manualized therapies
  - Concerns about safety of trauma therapies
  - Bias towards time-unlimited therapies
- Lack of scientific training
  - Valuation of anecdotal evidence
  - Pseudoscientific thinking

# Use of metaphor

- Manualized therapies as recipes for cooking
  - Improves reliability, even for dishes you’ve cooked hundreds of time
  - Importance of ingredient “dosing” and sequencing
  - Combination of common factors and specific ingredients and technique
  - Specific manuals as different “flavors” or iterations of common dish