



Choose My Therapy Workshop

Please read through before attending

Choose My Therapy is a 2-session workshop designed to:

- Streamline therapy referral process and efficiently match veterans with the therapy of their choosing
- Encourage veterans to take an active role in their mental health treatment
- Provide education about effective therapy options to help veterans make an informed choice
- Enhance motivation and develop concrete therapy targets/goals

When? The Choose My Therapy Introduction Workshop is offered every Thursday at 11:00AM and lasts approximately 60 minutes. Once you receive this packet you have the option to attend either of the next two dates. For instance, if you receive your packet on 3/12/21, you have the option of attending the Intro class on 3/18/21 or 3/25/21. You will receive the video link for both classes, to provide you with the opportunity to attend the intro date of your choosing. If you choose not to attend any of these dates but would like to attend later, contact your referring provider.

How to attend: The workshop is virtual and you will receive an email with a link that you will click on to join the video conference. You will receive the email one day prior to the workshop. On the date you choose to attend, click the link about 10 minutes prior to the appointment and wait for the workshop to begin promptly at 1100. **Please have the handouts below printed or opened in a word document prior to the appointment. You DO NOT need to fill these sheets out ahead of time; they will be completed during the workshop.** This is a 2-session Workshop, not a long-term or standalone treatment but an entry into therapy.

If you feel you need immediate assistance, call 911 or go to the closest Emergency Department. Additionally, you may call the Veterans Crisis line at 1-800-273-8255. It is available 24 hours a day, seven days a week. You will be immediately connected with a qualified and caring provider who can help.

RALPH H. JOHNSON VA MEDICAL CENTER – GUIDELINES FOR VA VIDEO CONNECT (VVC)

1. When signing on to VA Video Connect you will be asked to enter your **name** and **contact information**. Please enter your first name and the first letter of your last name. Also, please enter your location so that we can assist you in the event of an emergency.
2. If you are using your own device for VVC appointments, try to connect with wi-fi; Sprint, Verizon and T-Mobile are free to use if you are using 4G.
3. TeleMental Health into the Home, also known as VA Video Connect, is not a suitable modality for everyone. You and/or your provider may determine services may be better offered via in-person or over TeleMental Health to a clinic.
4. If there are continuous difficulties with technology (audio/video) VVC may not be an option for you; alternatives will be given to you.
5. **Treat your VVC appointment just as you would a regular doctor's appointment at the hospital or clinic.** Be on time or notify your provider if you will be late or unable to attend. This includes wearing proper attire, conducting the sessions seated in an upright position (not lying down/in bed).
6. Ensure you have **removed possible distractions during session**: Cell phones should be turned off or on vibrate (do not text during session, do not e-mail, use the internet, or engage in any other activities on the computer during sessions); turn off televisions and radios; places pets in another room.
7. Due to the private nature of mental health appointments, you should be alone (no family or friends), unless otherwise agreed upon with your mental health provider. **Please have sessions in a private room.**
8. Be sure to **put your device at eye level** and on a solid surface vs. holding during the session to reduce distractions. Place device in a position to where the provider can consistently see your face.
9. Please be sure to have your **devices fully charged** prior to your scheduled appointment and or plugged into a power source.
10. If you are using your own device and it is an Apple IOS product, you will need to download for free "VA Video Connect" from the App Store. This will ensure that the call is secure and private (encrypted). This software will take up a certain amount of space on your device.
11. Put any other devices connected to the internet to "airplane mode." If using your phone, put "do not disturb" on so the session does not get interrupted.
12. Do not attend sessions while under the influence of alcohol or illegal drugs. No smoking during session.

Evidenced Based Protocols

Problem	Protocol Name	Description of Protocol
Depression	- Cognitive Behavioral Therapy for Depression (CBT-D)	CBT-D explores the relationship between thoughts and emotions and focuses on changing thoughts and behaviors to improve mood (16-week therapy). Read about CTBD: CBT-D Brochure
	- Acceptance and Commitment Therapy for Depression (ACT-D)	Gaining greater acceptance of difficult emotions, thoughts, or circumstances. Veterans will work on identifying their values and take action to improve their quality of life (12-18 week therapy) Read about ACT-D: ACT-D Brochure
	- Interpersonal Psychotherapy (IPT)	IPT focuses on improving mood by supporting positive relationships. IPT helps the veteran address relationship problems caused by life changes, relationship conflicts, grief, or other issues (16-week therapy). Read about IPT: IPT Brochure
Anxiety	- Cognitive Behavioral Therapy for Anxiety Disorders (e.g., panic attacks, daily uncontrollable worry) (CBT-A)	CBT-A explores the relationship between thoughts and emotions and focuses on changing thoughts and behaviors to reduce the fears and worry (8-12 week therapy).
Chronic Pain	- Cognitive Behavioral Therapy for Chronic Pain (CBT-CP)	CBT-CP focuses on changing thoughts and behaviors to improve pain management and quality of life (11-week therapy). Read about CTBD: CBT-CP Brochure
Relationship conflict	- Integrative Behavioral Couples Therapy (IBCT) (completed w/ partner)	IBCT reduces conflict and encourages intimacy through acceptance and skills strategies (10-12 week therapy)

Substance Use	- Cognitive Behavioral Therapy for Substance Use Disorders (CBT-SUD)	<p>CBT-SUD explores the relationship between thoughts and emotions and focuses on changing thoughts and behaviors to make and maintain changes to substance uses and improve overall quality of life (12 week therapy)</p> <p>Read about CBT-SUD: CBT-SUD Brochure</p>
	- Motivational Enhancement Therapy (MET) for Alcohol and/or Substance Use	<p>MET helps to elicit and strengthen motivation for change. It involves a brief assessment followed by a conversation with your provider aimed at helping you decide what changes, if any, you would like to make in your alcohol and/or other substance use (2-4 monthly sessions).</p> <p>Read about MET: MET Brochure</p>
PTSD	- Cognitive Processing Therapy (CPT)	<p>CPT focuses on decreasing symptoms of PTSD by exploring the relationship between thoughts and emotions. Veterans work through trauma beliefs related to safety, trust, power/control, esteem, and intimacy (12-week therapy).</p> <p>Read about CPT: CPT Brochure</p> <p>Compare CPT and PE: PTSD Therapy Decision Aid</p>
	- Prolonged Exposure (PE)	<p>PE helps veterans regain control of their lives by helping veteran’s approach trauma-related thoughts, feelings, and situations that tend to be avoided due to the distress they cause. Methods used include exposure to real-world reminders of trauma and talking through the trauma memory (8-12 week therapy).</p> <p>Read about PE: PE Brochure</p> <p>Compare CPT and PE: PTSD Therapy Decision Aid</p>
Insomnia	- Cognitive Behavioral Therapy for Insomnia (CBT-I)	<p>CBT-I focuses on changing thoughts and behaviors to help with difficulties falling and staying asleep (6-week therapy).</p>

		Read about CBT-I: CBT-I Brochure
Anger and Irritability	- Anger and Irritability Management System (AIMS)	<p>Anger management explores the relationship between thoughts and emotions and focuses on increasing awareness of triggers, changing thoughts and behaviors to reduce anger/irritability and learn more helpful ways to respond to anger (10-week therapy).</p> <p>Read about AIMS: AIMS Brochure (Brochure describes self-guided approach; however, is offered with individual therapist)</p>

More Flexible Therapy Options

Drop-in Classes allow you to build coping skills in a less intensive format. Classes are offered weekly; however, weekly attendance is not required.

Problem	Class Name	Description of Class
PTSD	- PTSD Coping Skills Class	Coping-focused psychoeducational class designed to enhance pts understanding of PTSD and equip them with basic coping skills. Open class can begin any week.
	- PTSD Growth and Recovery After Trauma Class	Post EBP class designed to assist pts with maintaining their PTSD recovery and achieving posttraumatic growth. Open class can begin any week.
	- Men’s Seeking Safety Class	An evidenced-based therapy protocol for those working to cope with both trauma and substance abuse. Focuses on building skills to cope with intense emotions and distress. Veterans will not discuss traumatic experiences during class sessions and will not be pressed to divulge substance use during session. 12 weeks of skills, can begin any week.

	- PTSD Support Group Class	Open group of veterans helping veterans with coping and managing PTSD symptoms. Sharing experiences of strength and hope as they meet to form lasting and healthy relationships in a safe, trusting, environment.
General distress (Anxiety, depression, difficulty coping with stressors)	- Stress Management Class	Veterans will increase their knowledge of stress and learn different skills in order to improve healthy functioning. Domains covered will be mindfulness, emotion regulation, distress tolerance, and healthy communication.
Substance Use	- Substance Abuse: Relapse Prevention Class	Relapse Prevention provides support to veterans seeking to maintain sustained change regarding alcohol / drug use. Each session focuses on a specific skill, including: minimizing triggers, managing cravings, refusal skills, managing emotions, enhancing one’s support system, relationships, sober activities, utilizing recovery support , and maintenance of a satisfying sober lifestyle. Open to veterans at any point on the road to recovery. 12 weeks of skills, can begin any week.

Self Guided Resources: Online and Mobile Apps

Insomnia: [CBT-I Self Guided Online Course](#)

Depression/Anxiety/Stress: [Mindfulness Coach](#)

Anger Management: [Anger Management Self Guided Course Online](#)

Comprehensive list of VA Mobile Apps for Mental Health: [VA Mobile Apps](#)

COGNITIVE REAPPRAISAL WORKSHEET

REMEMBER:

Situation → **Thoughts** → **Emotions**

Situation

What are the **facts** of what happened?



Initial Thoughts/Appraisal

What was your **initial** interpretation of the situation?

New Thoughts/Reappraisal

After stepping back, what is a new or more complete way of looking at the situation? How might you think about the situation so it has little effect on your emotions? How might you view the situation a year from now?



Emotions

What emotion(s) did you feel when you had these thoughts?

Emotions

What emotion(s) do you feel when you have these thoughts?
