



Defense Health Agency, J-7, Continuing Education Program Office

Department of Behavioral Health Winn Army: Introduction to Dialectical Behavior Therapy

Live Course, June 26, 2025

Continuing Education (CE)/Continuing Medical Education (CME) Information

This CE/CME activity is accredited by the DHA, J-7, Continuing Education Program Office (CEPO). This activity provides continuing education for physicians, nurses, social workers, and psychologists. A certificate of attendance is available for other attendees.

Department of Behavioral Health Winn Army: Introduction to Dialectical Behavior Therapy (3.00 clock hours)

1300-1630 (ET)

Learning Objectives:

1. Summarize the history of DBT.
2. Explain Biosocial theory.
3. Describe the four states of mind and four modules of DBT therapy.
4. Practice mindfulness exercises, dialectical and validation strategies.
5. Apply Behavior Chain Analysis on Patient.
6. Explain the different stages of treatment.

Faculty:

Stephanie Soriano-Daughtrey, Psy.D. Presenter has no financial or non-financial relationships to disclose.

Disclosures:

DHA J-7 staff, Planning Committee Members and content reviewers have no financial or non-financial interest to disclose. All faculty members have no financial or non-financial interest to disclose.

Interprofessional Continuing Education (IPCE)



In support of improving patient care, the DHA, J-7, CEPO is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the health care team. This activity was planned by and for the health care team, and learners will receive 3.00 Interprofessional Continuing Education (IPCE) credit for learning and change.

Physicians (ACCME)



DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

DHA, J-7, CEPO designated this course for a maximum of 3.00 *AMA PRA Category 1 Credit*TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses (ANCC)

The DHA, J-7, CEPO is accredited by the Joint Accreditation/ Interprofessional Continuing Education (IPCE) to provide this Continuing Nursing Education course for a maximum of 3.00 ANCC contact hours. Nurses should only claim credit commensurate with the extent of their participation in the activity.

Social Workers (ASWB)



As a Jointly Accredited Organization, DHA, J-7, CEPO is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 3.00 clinical continuing education credits.

Psychologists (APA)



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The DHA, J7, CEPO maintains responsibility for the content of the programs. DHA, J-7, CEPO designated this activity for a maximum of 3.00 CE credits. The instructional level of this activity is intermediate. There is no cost to participate.

ACCME Non-Physician CME Credit

DHA, J-7, CEPO is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education. ACCME Non-Physician CME Credit providers will be provided a certificate of participation for educational activities certified for *AMA PRA Category 1 Credit*[™]. ACCME Non-Physician CME Credit providers may receive a maximum of 3.00 hours for completing this course.

Other Professionals

All other health care professionals completing this CE/CME activity will be issued a Certificate of Attendance indicating participation and the number of hours of CE/CME credit. This may be used for submission to licensing boards for satisfaction of CE/CME requirements.

Commercial Support:

No commercial support was provided for this activity.

Participation Costs:

There is no cost to participate in this activity.

CE/CME Inquiries:

For all CE/CME related inquiries, please contact: dha.ncr.j7.mbx.continuing-education-office@health.mil

How to Obtain CE/CME Credit:

To receive CE/CME credit, you must complete the program posttest(s) and evaluation(s) before collecting your certificate(s). The posttests and evaluations will be available through 10 July 2025 at 2359 ET at the following URL:

www.dhaj7-cepo.com