



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

**Federal Advanced Skills Training (FAST) 2025**

**Holistic Healing: Integrating Physical and Psychological Care in Limb Trauma**

**Day 2**

**Enduring Material (Home Study), 15 August 2025 to 15 August 2026, Bethesda, Md.**

**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, psychologists, occupational therapists, occupational therapy assistants, physical therapists, and physical therapist assistants. A certificate of attendance is available for other attendees.

**FAST 2025: Holistic Healing: Integrating Physical and Psychological Care in Limb Trauma-DAY 2  
(6.5 clock hours)**

**Learning Objectives:**

1. Explain the DoD Amputation Care Network.
2. Analyze the characteristics of the MHS beneficiary population with limb loss and absence.
3. Gain knowledge of key CBT-I components, including sleep education, stimulus control, cognitive restructuring, and relaxation techniques, with a focus on their application to the unique needs of patients with extremity trauma.
4. Integrate CBT-I into Clinical Practice.
5. Identify three distinct imagery techniques to physical therapy (or occupational therapy) interventions.
6. Engage in an imagery intervention for a functional activity, equipping them with practical skills to seamlessly integrate imagery into treatment plans for clients across various disability profiles.
7. Develop practical strategies to incorporate CBT-I techniques into their rehabilitation care, such as individualized sleep schedule.

**Faculty:**

Ajay Manhapra, MD. Presenter has no financial or non-financial relationships to disclose.  
Lt. Alexis B. Cross, DO. Presenter has no financial or non-financial relationships to disclose.  
Inger Bryeckner, LPT. Presenter has no financial or non-financial relationships to disclose.  
Tammie M. Jones, Ph.D., FACHE. Presenter has no financial or non-financial relationships to disclose.  
Maryann Redman, MD. Presenter has no financial or non-financial relationships to disclose.  
Paris Bean, MD. Presenter has no financial or non-financial relationships to disclose.

All relevant financial relationships have been resolved.

**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, 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 healthcare team. This activity was planned by and for the healthcare team, and learners will receive 6.5 Interprofessional Continuing Education (IPCE) credits 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 enduring material (home study) for a maximum of 6.5 *AMA PRA Category 1 Credits™*. 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 enduring material (home study) for a maximum of 6.5 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 6.5 general 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 APA CEP Office maintains responsibility for the content of the programs. Participants earned 6.5 credits for attending this activity.

### 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 6.5 hours for completing this enduring material (home study).

### Occupational Therapists and Occupational Therapy Assistants (AOTA)



The DHA, J-7, CEPO is an American Occupational Therapy Association (AOTA) Approved Provider of professional development (PD). PD activity approval ID#12694. This distance learning-independent, activity is offering 0.65 CEUs, advanced, OT service delivery, professional issues, foundational knowledge. AOTA does not endorse specific course content, products, or clinical procedures.

### Physical Therapists and Physical Therapy Assistants (APTA)



The DHA, J-7, CEPO is an American Physical Therapy Association (APTA) Approved Provider of continuing education. This activity was planned by and for the health care team, and learners will receive .65 APTA CEUs. The assignment of APTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by APTA. APTA CEUs are accepted by most state PT licensing boards. Learners are encouraged to check with their local chapter or state board to ensure that they accept APTA accredited courses for licensure renewal.

**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](mailto: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 15 August 2026 at 1159 ET at the following URL:

[www.dhaj7-cepo.com](http://www.dhaj7-cepo.com)