



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

### **PHCoE: Dropout Reduction from Outpatient Psychotherapy (DROP)**

**Internet Live Course, December 17, 2025, MS Teams**

#### **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, social workers, and psychologists. A certificate of attendance is available for other attendees.

#### **PHCoE: Dropout Reduction from Outpatient Psychotherapy (DROP) (1.50 clock hours)**

**1100 – 1230 (ET)**

##### **Learning Objectives:**

1. Summarize the prevalence of premature discontinuation from therapy (dropout) among the general and military populations.
2. Describe the consequences of dropout.
3. Identify factors associated with dropout among the general and military populations.
4. Explain the concept of Progress Informed Treatment, the evidence for it, and how it contributes to improving treatment alliance and reducing dropout.
5. Recognize techniques to introduce Progress Informed Treatment to patients and identify how symptoms measured in BHDP can be utilized.
6. Explain how formal assessment of the therapeutic alliance using the Working Alliance Survey contributes to improving treatment alliance and reducing dropout.
7. Recognize techniques to introduce the Working Alliance Survey to patients and respond to the results.

##### **Faculty:**

Katie Nugent, PhD. Presenter has no relevant financial or non-financial relationship(s) relating to the course content or with ineligible companies to disclose.

##### **Disclosures:**

DHA J-7 staff, planners, authors, faculty, and content reviewers for this educational activity have no relevant financial or non-financial relationship(s) with ineligible companies 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 1.50 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 internet live course for a maximum of 1.50 *AMA PRA Category 1 Credit™*. Physicians should claim only the 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 1.50 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 program. Participants earned 1.50 credits for attending this activity.

## Other Professionals

All other healthcare 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 31 December 2025 at 2359 ET at the following URL: [www.dhaj7-cepo.com](http://www.dhaj7-cepo.com).