
New Mexico VA Healthcare System
New Mexico Department of Veterans Services
Presbyterian Medical Services, Veteran and Family Support Services
University of New Mexico, Center for Rural and Community Behavioral Health

PRESENT A THREE DAY WORKSHOP

**WOUNDS OF WAR:
HEALING TRAUMA IN
MILITARY VETERANS AND THEIR FAMILIES**

FEBRUARY 6, 7 AND 8, 2008

HYATT REGENCY TAMAYA RESORT

1300 TUYUNA TRAIL
SANTA ANA PUEBLO, NEW MEXICO 87001

Members of the military in Iraq and Afghanistan are likely to have experienced a wide range of traumatic events, from being physically injured to sustaining traumatic brain injury, to witnessing suffering from the aftermath of violence.

It is estimated that between 18% and 40% of all military service personnel returning from Iraq and Afghanistan have symptoms associated with post-traumatic stress disorder. Some 15% of New Mexicans over 18 years of age are veterans. Approximately 15,000 New Mexico veterans have returned from Iraq and Afghanistan, and it is estimated that as many as one-third (5,000) are suffering from post-traumatic stress disorder.

19 CEUs TO COUNSELORS, SOCIAL WORKERS AND PSYCHOLOGISTS

CMES TO PHYSICIANS AND RELATED DISCIPLINES

ALL WORKSHOPS WILL BE VIDEOTAPED

NO CHARGE TO ALL PARTICIPANTS

LIMITED ATTENDANCE; NO WALK-INS



PRESBYTERIAN MEDICAL SERVICES

Building a Healthier State®

**WOUNDS OF WAR:
HEALING TRAUMA IN MILITARY VETERANS AND THEIR FAMILIES
February 6, 7 and 8, 2008
AGENDA**

DAY 1

- 7:30** Registration and Breakfast
8:30 All - **Keynote Speaker: From Battlefield to Homefront**– Dr. K. Lee
10:30 Break
10:45 All - **The Quicker Road to Recovery** – Dr. B. Pilgrim
11:45 Lunch Break
1:00 All –**Combat Post Traumatic Stress Disorder** – Dr. M. Lasoski
2:00 All –**Combat Traumatic Brain Injury: Facts and Science** – Dr. R. Swanda
3:00 Break
3:15 All –**Military Sexual Trauma** – Dr. D. Castillo
4:15 All –**Veteran Co-morbid Substance Abuse Issues** - Dr. L. Arciniega
5:15 Adjourn
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DAY 2

- 8:00** Breakout #1: **Cognitive Behavioral Approaches to Treatment** – Dr. J. Gillies, Dr. J. Rielage, C. Lopez, LMSW
Breakout #2: **Family Interventions/Approaches to Treatment** – Dr. L. Sena-Torres, Dr. A. Kriechman
10:00 Break
10:15 Breakouts continued and concluded
11:15 Break
11:30 All –**Navigating the VA** – B. Duncan, LCSW
12:30 Lunch Break
1:45 Breakout #1 (Repeat): **Cognitive Behavioral Approaches to Treatment** - Dr. J. Gillies, Dr. J. Rielage, C. Lopez, LMSW
Breakout #3: **Exposure Therapy and Its Use with Military Personnel** – Dr. D. Castillo
3:45 Break
4:00 Breakouts continued and concluded
5:00 Adjourn
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DAY 3

- 8:00** Breakout #2 (Repeat): **Family Interventions/Approaches to Treatment** – Dr. L. Sena-Torres, Dr. A. Kriechman
Breakout #3 (Repeat): **Exposure Therapy and Its Use with Military Personnel** – Dr. D. Castillo
10:00 Break
10:15 Breakouts continued and concluded
11:15 Break
11:30 All –**Matching Patients to Appropriate Treatment, and Treatment Timing** – All presenters
12:30 Lunch Break
1:45 All - **Panel: Discussion on Treatment Matching and Timing** – All presenters
2:45 All – **Cultural Competency and Spiritual Healing From a Native American Veteran’s View** – A. Garcia
3:45 Evaluations and CEU (19 hours) delivery
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DURING THE SECOND AND THIRD DAYS OF THE WORKSHOP, PARTICIPANTS WILL ATTEND THREE THREE-HOUR BREAKOUT SESSIONS RELATED TO NEW COGNITIVE-BEHAVIORAL, EXPOSURE THERAPY AND FAMILY INTERVENTION APPROACHES TO TREATING TRAUMATIZED AND BRAIN INJURED VETERANS, GUARDSMAN AND RESERVISTS, AND THEIR FAMILIES.

WORKSHOP LEARNING OBJECTIVES

The target audience for this workshop is licensed New Mexican healthcare professionals, with a particular focus on Sandoval County providers. This three-day event focuses on state-of-the-art advances in treating trauma (especially combat trauma), traumatic brain injury, and families adjusting to the return of a family member from engagement. There will be significant attention paid toward enhancing the attendee's understanding of military culture, exposing the attendee to understanding battlefield trauma, and the treatment of persons of culture (i.e., Native American and Hispanic veterans). It is expected that the participant will possess a basic knowledge of trauma (especially post traumatic stress), traumatic brain injury, family interventions and New Mexican culture.

PARTICIPANTS WILL:

- ✓ become more familiar with the culture of the military;
 - ✓ become familiar with the origins, types and breadth of trauma and the after effects that military personnel and their families experience;
 - ✓ gain exposure to the importance of culture and spiritual healing in combat trauma treatment;
 - ✓ achieve the ability to identify facts and myths related to traumatic brain injury;
 - ✓ be exposed to evidence-based family interventions that directly apply to problems related to the return of military personnel to civilian life;
 - ✓ enhance familiarity with new, innovative, state-of-the-art and effective treatments for post-traumatic stress disorder including "Acceptance and Commitment Therapy, and " Exposure Therapy," along with new and demonstrated as successful cognitive behavioral techniques and processes;
 - ✓ become familiar with new co-occurring, evidence-based practices such as "Seeking Safety," and "Motivational Interviewing" related to the treatment of the soldier;
 - ✓ acquire the ability to identify the rationale for reduction of post-traumatic stress disorder symptoms through the use of imagery and exposure therapy;
 - ✓ understand the rationale for the use of *in vivo* exposure therapy, and at least three components of this therapeutic intervention;
 - ✓ obtain an ability to define and identify military sexual trauma and its affect on veterans and their families, especially and specifically related to psychiatric diagnosis;
 - ✓ learn strategies to expedite healing processes;
 - ✓ acquire knowledge on matching clients to appropriate treatment modalities;
 - ✓ gather information on treatment timing;
 - ✓ become more familiar with the breadth of services and processes offered through the veterans administration.
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WOUNDS OF WAR:
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KENNETH LEE, MD
KEYNOTE SPEAKER
“FROM BATTLEFRONT TO HOMEFRONT”
(DAY 1, 8:30AM)

Dr. Kenneth Lee, an Army Colonel and Medical Officer (WIARNG Medical Command), received his medical degree from the Medical College of Wisconsin (MCW) in Milwaukee, in 1993. He completed his residency in Physical Medicine and Rehabilitation at MCW (1997), and served a Fellowship in Spinal Cord Injury at the Zablocki Veterans Affairs Medical Center, also in Milwaukee (1999).

Dr. Lee received additional training in medical acupuncture at UCLA (2006). He is a member of the American Board of Physical Medicine and Rehabilitation, possesses a license in Spinal Cord Injury/Medicine from the American Board of Physical Medicine and Rehabilitation and is a Certified Medical Acupuncturist. Additionally, Dr. Lee holds an Assistant Professorship in the Department of Physical and Rehabilitation at MCW.

As a Lieutenant Colonel, Dr. Lee served as Company Commander of Company B, 118th Area Support Medical Battalion in Baghdad, Iraq as a part of Operation Iraqi Freedom. In 2004-2005, he worked as Staff Physician at Walter Reed Army Medical Center in Washington DC. Dr. Lee currently maintains an appointment as National Surgeon, Military Order of Purple Heart and is the Medical Director for Waukesha County Special Weapons and Tactics (SWAT) unit.

Awarded “Veteran of the Year,” Milwaukee County, Wisconsin in 2007, Dr. Lee has received additional honors including the Ron Falkner Award, from the Wisconsin Paralyzed Veterans of America (2006), and the “Teacher of the Year” award twice from MCW (2002 and 2003). In 2006, he Chaired an Army Medical Conference in Milwaukee involving, “Caring for Combat Wounded.”

Renowned for a broad set of presentations and lectures, that include “Through a Soldier’s Eyes,” “Transition Back Home,” “Combat Doctor’s Journey from Battlefield to Home,” “Medical Evacuation,” and “Journey From Baghdad to VA,” Dr. Lee’s presentation “From Battlefield to the Homefront’ has been acclaimed as a most effective introduction to the culture of war, and the experience of soldiers on the front lines. Through this presentation, Dr. Lee delivers to his listeners a most accurate, sobering and effective picture of the combat experience, leaving the audience with a better understanding of the origins of trauma, and an expanded appreciation of the trauma manifesting on return.

SPEAKER BIOGRAPHIES

LISA ARCINIEGA, PH.D.

VETERAN CO-MORBID SUBSTANCE ABUSE ISSUES (DAY 1, 4:15PM)

Dr. Arciniega is a psychologist with over 15 years experience in addictions research. Prior to joining the Veterans Administration (VA) in 2005, she worked at the University of NM Center on Alcoholism and Substance Abuse and Addictions. Some of her work focused on the development and implementation of state-of-the-art treatments. Since arriving at the VA, she has actively worked to include evidence-based treatments into current VA programming. Some of her interests include acculturation and therapeutic interventions with the Hispanic community.

DIANE CASTILLO, PH.D.

MILITARY SEXUAL TRAUMA (DAY 1, 3:15PM)

EXPOSURE THERAPY AND ITS USE WITH MILITARY PERSONNEL (DAY 2, 1:45PM; DAY 3, 8:00AM)

Dr. Castillo received her doctorate in Counseling Psychology from the University of Iowa. She is the coordinator of the Woman's Sexual Trauma Treatment Program at the Albuquerque VA Medical Center and an adjunct professor at the University of NM, Dept. of Psychiatry teaching courses in anxiety and Post-traumatic Stress Disorder (PTSD). She has conducted research on "numbing symptoms" in Vietnam veterans with PTSD, and was one of 15 selected nationally to collect data on psycho-physiological assessment of PTSD in Vietnam veterans. She has presented on topics of PTSD including "PTSD in Female Veterans with Sexual Trauma," "Sexual Trauma, Sexual Harassment, and PTSD," "PTSD in Women Veterans," "Trauma in Women Veterans," and "Sexual Harassment and Its Effects on Women."

BERNARD DUNCAN, LCSW

NAVIGATING THE VETERANS ADMINISTRATION (DAY 2, 11:30AM)

Mr. Duncan is interim Operation Enduring Freedom/Operation Iraqi Freedom (OEF/OIF) Program Manager for the NM VA Health Care System (NMVAHCS). He received his Masters Degree in Social Work from the University of Denver in 1969. Mr. Duncan is a retired Lieutenant Colonel with over 20 years of military service as an active duty social worker in the US Air Force at nine installations in Europe, Asia and US. His service culminated in serving as Program Manager at headquarters, Pacific Air Forces, for all Family Support Centers and Social Actions Substance Abuse, and Equal Opportunity Programs for Air Force installations around the Pacific Rim.

ALBINO GARCIA

CULTURAL COMPETENCY AND SPIRITUAL HEALING: A NATIVE AMERICAN VETERAN'S VIEW (CLOSING SPEAKER; DAY 3, 2:45 PM)

Mr. Garcia is a Native American Indian Chief and Executive Director of the La Plazita Institute, a home-grown, community-driven Albuquerque organization dedicated to youth leadership development, violence and drug prevention, and juvenile justice. As a Vietnam vet who has struggled for many years over his participation in war, he now brings cultural sensitivity and "street sensibility" to his work. Mr. Garcia was tapped for a leadership fellowship in Santa Cruz County and a Kellogg National Leadership Fellowship that took him to ten countries, bringing him into contact with innovative leaders across multiple continents, including Nelson Mandela. As a result, he has coauthored "The Personal Futures Planning Workbook and Leaders in Transition: Accountable to Whom? Responsible for What?" Mr. Garcia is guided by an ancient philosophy rooted in his Aztec and Apache heritage.

JAMES GILLIES, PH.D.

COGNITIVE BEHAVIORAL APPROACHES TO TREATMENT (DAY 2, 8:00AM AND 1:45PM)

Dr. Gillies earned his Ph.D. in Clinical Psychology from the University of Memphis in 2005. His dissertation addressed "Meaning Reconstruction in Response to Bereavement." He is a staff psychologist at NMVAHCS and coordinator of the PTSD Day Treatment ("Build Awareness, Support and Empowerment" – BASE) Program. BASE is an innovative program that integrates mindfulness and acceptance-based therapies with humanistic group process therapy in a holistic community. Interests include exposure-based treatment for individuals and groups of Gulf War and Vietnam combat veterans, and dialectical behavioral therapy (DBT).

AVRON KRIECHMAN, MD

FAMILY INTERVENTIONS/APPROACHES TO TREATMENT (DAY 2, 8:00AM; DAY 3, 8:00AM)

Dr. Kriechman received his M.D. from the University of Michigan in 1978. Post-graduate training includes serving as chief resident and fellow in child psychiatry at Beth Israel Hospital, Boston, and chief resident in psychiatry and intern in pediatrics at Mount Sinai, New York. He trained at the Ackerman Institute for Family Therapy and serves at the Center for Rural and Community Behavioral Health as a Consulting Child, Adolescent and Family Psychiatrist, and Telehealth Specialist, and as Professor in Social Work and Counseling Graduate Programs at NM Highlands University. He's been published in review journals and authored book chapters on topics related to children and adolescent psychiatry, and other topics.

MILTON LASOSKI, PH.D.**COMBAT POST-TRAUMATIC STRESS DISORDER (DAY 1, 1:00PM)**

Dr. Lasoski is a clinical psychologist assigned to the Albuquerque Veterans Medical Center's Post-traumatic Stress Disorder (PTSD) Clinic since 2000. He supervises interns on initial PTSD assessments and treatment planning while facilitating several PTSD coping skills and combat trauma processing groups. Past Veterans' Administration assignments include Geriatric Evaluation Coordinator, and Employees Assistance Program Coordinator. He has provided individual and group cognitive therapy for affective disorders. Dr. Lasoski has been an Adjunct Professor for the Department of Psychiatry at the University of New Mexico, School of Medicine. Current interests involve the use of bibliotherapy to supplement psychotherapy, and the effects of PTSD on family dysfunction.

CAMILA LOPEZ, LMSW**COGNITIVE BEHAVIORAL APPROACHES TO TREATMENT (DAY 2, 8:00AM AND 1:45PM)**

Ms. Lopez is a social worker in the psycho-social rehabilitation programs at the NVAHCS in Albuquerque. She has been involved in the development of the Compensated Work Therapy Transitional Residence Program at the VA. Ms. Lopez coordinates social work internship programs, and is a member of "Uniting New Mexicans Against Adult Abuse," whose mission is to provide training and support to community providers working with vulnerable adult populations.

BRIAN PILGRIM, PH.D.**THE QUICKER ROAD TO RECOVERY (DAY 1, 10:45AM)**

Dr. Pilgrim received his doctorate in clinical psychology from the University of South Dakota in 2000, and his Masters degree in public administration from the University of New Mexico in 2004. At the NMVAHCS he plans and directs the vocational rehabilitation program, which includes both supportive employment and transitional work experience. Dr. Pilgrim also serves as the Veterans Industries technical consultant and mentor to programs throughout Arizona, New Mexico and West Texas, developing and training "staff of the future." In his clinical work at NMVAHCS, he performs psychological, cognitive, academic, and vocational assessments to help veterans determine their academic needs, appropriate employment fit and career development goals given the mental health and/or cognitive disabilities with which they are coping. Dr. Pilgrim also conducts individual and group psychotherapy for veterans in psycho-social rehabilitation programs.

JENNIFER RIELAGE, PH.D.**COGNITIVE-BEHAVIORAL APPROACHES TO TREATMENT (DAY 2, 8:00AM AND 1:45PM)**

Dr. Rielage has been conducting assessment, individual and group psychotherapy and research with combat veterans since 2001. Her dissertation explored personality variables, diagnosis and suicide risk factors among veterans. After receiving her Ph.D. in Clinical Psychology from Southern Illinois University in 2004, she worked for the VA in Washington State in substance abuse treatment and education, conducting individual and group psychotherapy, assessment and program evaluation with dually diagnosed veterans. In 2005, she joined NMVAHCS as a staff psychologist and was tasked with the development and evaluation of the Substance Abuse Residential Treatment Program. Dr. Rielage has developed "Seeking Safety," "Relapse Prevention," dialectical-behavioral therapy and relaxation group approaches and interventions with combat veterans. She also serves as an adjunct professor with the University of New Mexico, Department of Psychology and Department of Psychiatry.

REX SWANDA, PH.D., ABPP**COMBAT TRAUMATIC BRAIN INJURY: FACTS AND SCIENCE (DAY 1, 2:00PM)**

Dr. Swanda is a Board Certified Clinical Neuropsychologist licensed in New Mexico since 1992. He successfully completed board certification in Clinical Psychology in 1997 and is a Diplomat in Clinical Psychology through the American Board of Professional Psychology (ABPP-CN). Dr. Swanda completed his graduate work at the University of Arizona in 1985 with a Ph.D. in Clinical Psychology, and specializing in clinical neuropsychology. He has been an adjunct professor at the New York School for Social Research. He also has served as an adjunct assistant professor at the University of New Mexico, Department of Psychiatry since 1994. Dr. Swanda moved to New Mexico in 1991 and has worked for the NMVAHCS since 1993 directing the Neuropsychology Consultation Program. He is also active in part-time private practice specializing in decisional capacity work.

LORRAINE TORRES-SENA, PH.D.**FAMILY INTERVENTIONS/TREATMENT (DAY 2, 8:00AM, DAY 3, 8:00AM)**

Dr. Torres-Sena, PhD. Graduated from the University of New Mexico in 2004, and is a staff psychologist of the Affective Disorders Team (ADT) Family Program. ADT provides a variety of assessment and treatment services to veterans and their families using individual, group and family formats. Before joining NMVAHCS, she worked at the Center for Family and Adolescent Research (CFAR) as a senior therapist and project manager. At CFAR, Dr. Torres-Sena implemented and taught family therapy based on the Functional Family Therapy (FFT) model, individual therapy based in the cognitive-behavioral model, and integrative therapy that combined both family and individual therapy for substance abusing adolescents and their families. Her research interests include domestic violence, systemic approaches and cross-cultural issues in relation to PTSD and substance abuse.

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This free three-day workshop is made possible through the New Mexico Behavioral Health Purchasing Collaborative via monies allocated by the 2007-2008 budget of New Mexico's Governor office through funds appropriated by the New Mexico legislature.

It is associated with the Veteran and Family Support Services Pilot Project in Sandoval County.

**CALL TO REGISTER NOW
VETERAN AND FAMILY SUPPORT SERVICES PROGRAM
WEEKDAYS 8-5, CALL TOLL FREE 1-877- 929-9797**

Priority will be given to licensed New Mexico clinicians.
Seating is limited, and no walk-ins will be allowed.



**Directions to the
Tamaya Resort:**

I-25 to highway 550 (exit 242),
West to the resort –
about a mile from the I-25 exit and
adjacent to the Santa Anna Casino.

Hyatt Regency Tamaya Resort
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Resort telephone number: 505-867-1234

**This three-day workshop is a collaborative effort of the
New Mexico Department of Veterans Services,
New Mexico VA Healthcare System,
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University of New Mexico.**