

Outline

Pain is Inevitable, Suffering is Optional

Identify morally injurious events, transgressions, and betrayals

Typical aftermath of moral injury and where suffering arises

How to help clients understand the social function of moral emotions

Assessment strategies to recognize moral injury

Distinguish PTSD, depression, anxiety, and more from moral injury

Case example – complicated assessment of moral injury

Interventions to Target Beliefs Fueling Moral Injury

Potential pitfalls of traditional cognitive interventions - why ACT fits

How the relationship to moral pain can cause suffering

Challenge beliefs with compassion and emphasis on common humanity

Utilize openness to experience

Position personal values as criteria of truth
Cognitive defusion techniques to cultivate freedom from suffering

How to understand the self in the context of moral injury

Case example – working with “sticky” thoughts after moral injury

Objectives

1. Assess moral injury exposure and experiences.
2. Differentiate natural moral pain, functionally impairing moral injury, and PTSD.
3. Construct a moral injury-informed case conceptualization to inform selection of treatment interventions.
4. Utilize cognitive defusion techniques to shift clients' relationship to their thoughts about morally injurious events.
5. Develop opportunities for clients to engage with moral values that were violated in the past.
6. Utilize mindfulness, compassion, and forgiveness strategies to reduce moral injury.

Target Audience:

Counselors • Social Workers • Psychologists • Psychiatrists • Marriage & Family Therapists
Addiction Counselors • Other Mental Health Professionals • Physicians • Physician Assistants
Nurse Practitioners • Nurses

Behavioral Interventions for Guilt, Shame, Disgust, and Disillusionment

Strategies to help clients establish presence and willingness

Acceptance versus extinction - the role of exposure

Values clarification – re-evaluation, realignment, and release

Behavioral activation rooted in values

Use of mindfulness to cultivate compassion and forgiveness of self

How to overcome barriers to valued action

Case example – working with unwillingness

Clinical Considerations

Integrate ACT with trauma processing and other approaches

How to speak hexaflex - framing psychological flexibility as a goal

Troubleshooting when clients are stuck in moral pain

Manage therapist avoidance and strong emotional reactions

Ethics of values clarification

Limitations of the research and potential risks

Live Webinar Schedule (Times listed in Eastern)

9:00 Program begins

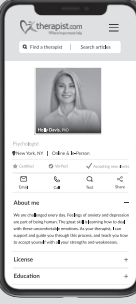
12:50-2:00 Lunch Break

5:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Limited time only

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Moral Injury

Acceptance and Commitment Therapy Interventions for Trauma, Guilt, Shame, and Anger



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Moral Injury

Acceptance and Commitment Therapy Interventions for Trauma, Guilt, Shame, and Anger



Featuring **Wyatt R. Evans, PhD, ABPP**
Trauma psychologist and co-author of
The Moral Injury Workbook

- Accurately identify and effectively address symptoms of moral injury
- Cultivate compassion in the aftermath of anguish
- Connect your clients to their sense of vitality and essential self

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Moral Injury

Acceptance and Commitment Therapy Interventions for Trauma, Guilt, Shame, and Anger

Moral injury is the missing piece of trauma treatment...

And it's dangerous to overlook.

Moral injury is the deep, soul-level pain that wreaks havoc under the surface of trauma. It's the plague of guilt, shame, and anger that causes your clients to withdraw inside themselves... that makes their PTSD symptoms so much more impairing... that triggers life-threatening depression and self-destructive behaviors.

Whether your client faced the extreme betrayal and unjustified brutality of abuse, racism, or political violence... or was forced to be in a position of power making impossible decisions like military personnel, healthcare workers, and first responders do every day.

Trauma processing alone is not enough to address moral injury, and may make things worse.

Now is your chance to get up-to-date training that will **finally complete your trauma toolbox!** Wyatt Evans, PhD, ABPP, is a specialist in moral injury theory, assessment, and intervention. During this dynamic training, he'll walk you step-by-step through Acceptance and Commitment Therapy (ACT) skills and interventions so you can:

- Help your clients get unstuck from morally-painful thoughts and feelings
- Cultivate clients' vitality through forgiveness and self-compassion
- Foster growth and resilience by creating purposeful engagement with your clients' most important values

REGISTER TODAY to help your clients get back to living!

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Meet Your Speaker



Wyatt R. Evans, PhD, ABPP, is a licensed and board certified psychologist who specializes in moral injury theory, assessment, and interventions. He is a staff psychologist with the VA North Texas Health Care System and assistant professor at UT Southwestern Medical Center. Dr. Evans' expertise in posttraumatic stress, resilience, and recovery comes from his training and work in military treatment facilities, veterans affairs hospitals, and PTSD research institutions. He is lead author of *The Moral Injury Workbook* and founded the Moral Injury Special Interest Group of the International Society for Traumatic Stress Studies (ISTSS). Dr. Evans has consulted with healthcare providers and administrators as well as organizations supporting emergency managers and first responders to support the recognition, prevention, and treatment of moral injury.

Speaker Disclosure:

Financial: Wyatt Evans has employment relationships with University of Texas, Southwestern Medical Center, Plano Outpatient Clinic, University of North Texas, and Central Texas College. He receives royalties as a published author. Wyatt Evans receives a speaking honorarium from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Wyatt Evans is a member of the American Board of Professional Psychology, the American Psychological Association, the Association for Behavioral and Cognitive Therapies, the Association for Contextual Behavioral Science, and the International Society for Traumatic Stress Studies. He is an examiner for the American Board of Behavioral and Cognitive Therapy. Wyatt Evans received grants from the Department of Defense and the Department of Veterans Affairs Rehabilitation.



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For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.

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This activity is pending approval from the National Association of Social Workers.



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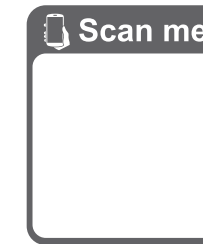
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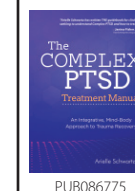
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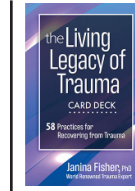


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