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

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Objectives

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

Limitations of the research and potential risks

Moral Injury

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Friday, August 18, 2023

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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.

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