



Beaufort Clinic

Choose My Therapy

Workshop



So, you are thinking about therapy?

READ BEFORE ATTENDING APPOINTMENT

Choose My Therapy is a two-session workshop designed to:

- Streamline the therapy referral process and efficiently match veterans with the therapy of their choosing
- Encourage veterans to take an active role in their mental health treatment
- Provide education about effective therapy options to help veterans make an informed choice
- Enhance motivation and develop concrete therapy targets/goals

This Workshop is not a standalone treatment, but an *entry* into therapy.

When: Wednesdays 1030 – 1130

How to attend: The workshop is *virtual*. You will receive an email with a link that you will click on to join the video conference. On the date of the workshop, click the link about 5 minutes prior to the appointment. **Please have this packet printed or opened on a computer prior to the appointment. You DO NOT need to fill these sheets out ahead of time.** IMPORTANT: If you do not see the video conference email in your inbox be sure to check your spam folder.

You will receive information about session 2 during your first class.

RALPH H. JOHNSON VA MEDICAL CENTER – GUIDELINES FOR VA VIDEO CONNECT (VVC)

1. When signing on to VA Video Connect you will be asked to enter your **name** and **contact information**. Please enter your first name and the first letter of your last name. Also, please enter your location so that we can assist you in the event of an emergency.
2. If you are using your own device for VVC appointments, try to connect with wi-fi; Verizon and T-Mobile are free to use if you are using 4G.
3. TeleMental Health into the Home, also known as VA Video Connect, is not a suitable modality for everyone. You and/or your provider may determine services may be better offered via in-person or over TeleMental Health to a clinic.
4. If there are continuous difficulties with technology (audio/video) VVC may not be an option for you; alternatives will be given to you.
5. **Treat your VVC appointment just as you would a regular doctor's appointment at the hospital or clinic.** Be on time or notify your provider if you will be late or unable to attend. This includes wearing proper attire, conducting the sessions seated in an upright position (not lying down/in bed).
6. Ensure you have **removed possible distractions during session**: Cell phones should be turned off or on vibrate (do not text during session, do not e-mail, use the internet, or engage in any other activities on the computer during sessions); turn off televisions and radios; places pets in another room.
7. Due to the private nature of mental health appointments, you should be alone (no family or friends), unless otherwise agreed upon with your mental health provider. **Please have sessions in a private room.**
8. Be sure to **put your device at eye level** and on a solid surface vs. holding during the session to reduce distractions. Place device in a position to where the provider can consistently see your face.
9. Please be sure to have your **devices fully charged** prior to your scheduled appointment and or plugged into a power source.
10. If you are using your own device and it is an Apple IOS product, you will need to download for free "VA Video Connect" from the App Store. This will ensure that the call is secure and private (encrypted). This software will take up a certain amount of space on your device.
11. Put any other devices connected to the internet to "airplane mode." If using your phone, put "do not disturb" on so the session does not get interrupted.
12. Do not attend sessions while under the influence of alcohol or illegal drugs. No smoking during session.

FIRST LINE TREATMENT: STRUCTURED THERAPY

In many cases, options below are offered individually, in a class, by video, and/or in-person.

| Primary Symptoms | Therapy Name | Description of Therapy |
|-------------------------|---|--|
| Depression | Cognitive Behavioral Therapy for Depression (CBT-D) | CBT-D explores the relationship between thoughts and emotions and focuses on changing thoughts and behaviors to improve mood (12-16 weeks). CBT-D Information |
| | Acceptance and Commitment Therapy for Depression (ACT-D) | Gaining greater acceptance of difficult emotions, thoughts, or circumstances. Veterans will work on identifying their values and take action to improve their quality of life (12-16 weeks). ACT-D Information |
| Anxiety | Cognitive Behavioral Therapy for Anxiety (CBT-A) | CBT-A explores the relationship between thoughts and emotions and focuses on changing thoughts and behaviors to reduce fears and worry (8-12 weeks). CBT-A Information |
| Substance use | Cognitive Behavioral Therapy for Substance Use Disorders (CBT-SUD) | CBT-SUD explores the relationship between thoughts and emotions and focuses on changing thoughts and behaviors to make and maintain changes to substance uses and improve overall quality of life. (12 weeks) CBT-SUD Information |
| | STAR Seeking Safety Group | Focuses on recovery from substance use and trauma. It is also ideal for Veterans with PTSD who want to learn healthy coping skills and work toward holistic recovery. Thursday @ 1100 Virtual |

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| | Motivational Enhancement Therapy (MET) for Alcohol and/or Substance Use | MET helps to elicit and strengthen motivation for change. It involves a brief assessment followed by a conversation with your provider aimed at helping you decide what changes, if any, you would like to make in your alcohol and/or other substance use. (2-4 monthly sessions) MET Information |
| PTSD PTSD treatment Decision Aid Tool | Cognitive Processing Therapy (CPT) | CPT focuses on decreasing symptoms of PTSD by exploring the relationship between thoughts and emotions. Veterans work through trauma beliefs related to safety, trust, power/control, esteem, and intimacy. (12 weeks) CPT Information |
| | Prolonged Exposure (PE) | PE helps Veterans regain control of their lives by helping them approach the trauma-related thoughts, feelings, and situations they avoid due to the distress they cause. Methods used include exposure to real-world reminders of trauma and talking through the trauma memory. (8-15 weeks) PE Information |
| | Written Exposure Therapy (WET) | WET addresses PTSD symptoms by helping veterans face trauma memories in a safe and supportive environment. You will write about your trauma for the majority of the session & briefly review the experience of writing with your therapist. (5 weeks) WET Info |
| | Prolonged Exposure in Primary Care (PE-PC) | Brief PE (4-6 sessions, 30 minutes each) |

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| | Cognitive Behavioral Therapy for Conjoint PTSD Group | Group for Veterans and their partners to learn to communicate better together and to work as a team to address PTSD symptoms. Tuesday @ 1500 Virtual |
| | Research therapies | Our Research Team has a variety of studies available. Some include trauma therapy or medication. Some are specifically for MST survivors. |
| Sleep problems | Cognitive Behavioral Therapy for Insomnia (CBT-I) | CBT-I focuses on changing thoughts and behaviors to help with difficulties falling and staying asleep. (6 weeks) CBT-I Information |
| Anger | Cognitive Behavioral Therapy for Anger Management | This therapy helps Veterans build coping skills to better manage strong negative emotions with an emphasis on anger. (10 weeks; Virtual) |
| Chronic pain | Cognitive Behavioral Therapy for Chronic Pain (CBT-CP) | CBT-CP focuses on changing thoughts and behaviors to improve pain management and quality of life. (12 weeks) CBT-CP Information |
| | Women’s Chronic Pain Management Group | CBT-CP group with a special emphasis on chronic pain issues specific to women. (10 weeks) Monday @1300 Virtual |
| Relationship conflict | Integrative Behavioral Couples Therapy (IBCT) | IBCT reduces conflict and encourages intimacy through acceptance and skills strategies. Completed together with partner. (12-26 weeks; Virtual) |
| | Strength at Home | Comprehensive group program with a focus on improving intimate relationships for any male Veteran who has experienced conflict and/or used aggression in intimate relationships. (12 weeks) Tuesday @ 1100 Virtual |

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| <p>Body image or food-related distress</p> | <p>Intuitive Eating Group</p> | <p>Intuitive Eating helps Veterans who are struggling with body/weight/food-related issues learn how to make peace with food from a non-diet perspective. Topics covered include rejecting diet mentality, honoring hunger & fullness, body respect, & learning how to cope without misusing food. This group is not appropriate for Veterans with an active eating disorder. Tuesday @ 1300 Virtual</p> |
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SECOND LINE TREATMENT: COPING SKILLS CLASS

| Primary Symptoms | Therapy Name | Description of Therapy |
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| <p>PTSD</p> | <p>PTSD Growth & Recovery After Trauma Class</p> | <p>Post trauma therapy class designed to assist Veterans with maintaining their PTSD recovery and achieving posttraumatic growth. Wednesday @ 900 Virtual</p> |
| | <p>Women’s Health and Healing After Trauma Class</p> | <p>Class for female survivors of sexual trauma designed to enhance trauma recovery skills with an emphasis on general health and wellbeing. Thursday @ 1300 Virtual</p> |
| | <p>PTSD 101 for Family, Friends, and Significant Others of Veterans with PTSD</p> | <p>2.5 hour, one-time virtual workshop for loved ones to learn about PTSD and how best to support Veterans through the mental health treatment process. Thursday @ 1400 Virtual</p> |
| <p>General distress</p> | <p>Guided Imagery Class</p> | <p>Mindfulness meditation class with an emphasis on guided imagery. Every Other Monday @ 1500 Virtual</p> |
| | <p>General Skills Class</p> | <p>Class for learning skills and tools based on CBT, DBT, and mindfulness to</p> |

Karlin, B. E., & Wenzel, A. (2018). Evidence-based psychotherapy shared decision-making toolkit for mental health providers. Waltham, MA: Education Development Center, Inc. Adapted by RHJ Providers.

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| | | manage anxiety, depression, and irritability. Friday @ 1100 Virtual |
| | DBT Skills Class | Class for learning tools to better manage intense negative emotions. Tuesday @ 900 Virtual |
| | Women’s Stress Management Group | Class for women focused on developing stress management techniques and connecting with other women. Thursday @ 1300 Virtual |
| | Beaufort Mindfulness & Coping Skills Group | Class for those who desire to enhance their overall coping and mindfulness skills. Friday @ 1100 In-Person BFT CBOC |
| LGBTQ+ | LGBTQ+ Health Education & Support Group for Veterans | Closed group designed to assist in the development and strengthening of LGBTQ+ identity by focusing on health education topics in a supportive environment. Monday @ 1530 Virtual |
| | LGBTQ+ Support Group for Veterans | An open support group meant to create connections among LGBTQ+ Veterans. Two Fridays Per Month 1530 Virtual |
| Sexual health concerns | Women’s Sexual Health & Empowerment Group | Class for women wanting to develop/enhance their ability to experience sexual independence, connection, safety, pleasure, and assertiveness. Wednesday @ 1100 Virtual |
| Relationship conflict | Couple Communication Skills Group | Class for couples to learn how to communicate with each other more effectively. Tuesday @ 1500 Virtual |
| | PCMHI Couples Communication Skills Group | Class for couples to learn healthy communication skills. Tuesday @ 1000 Virtual |

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| Chronic pain | Chronic Pain Workshop | Four-session workshop for learning skills to better manage chronic pain and associated mood symptoms. Thursday @ 1000 Virtual |
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THIRD LINE TREATMENT: COPING SKILLS, SELF-GUIDED

Mobile phone apps are available so that you can build coping skills on your own schedule. See here for a full list of VA Mobile Apps for Mental Health: [VA Mobile Apps](#).

| Primary Symptoms | Description | |
|-------------------------|--|---|
| Sleep problems | CBT-I Coach app | App store |
| | Insomnia Coach | |
| | Path to Better Sleep for Veterans | Online module. www.VeteranTraining.va.gov/Insomnia |
| | Sleep EZ | Online module. SleepEZ - Veteran Training (va.gov) |
| Anger | AIMS for Anger Management | Online module. www.veterantraining.va.gov/aims |
| General distress | Mindfulness Coach app | App store |
| | Mood Coach app | |
| | COVID Coach app | |
| | Moving Forward: Overcoming Life's Challenges | Online module. www.VeteranTraining.va.gov/MovingForward |
| | My Recovery Plan | Online module. https://www.veterantraining.va.gov/recovery/index.asp |

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| PTSD | PTSD Coach | App store |
| | Beyond MST | |
| | CPT Coach | |
| | PE Coach | |
| | PTSD Family Coach | |
| Depression | ACT Coach | |
| Relationship distress | Couples Coach | App store |
| | Parenting for Veterans | Online module. Parenting for Veterans - Veteran Training (va.gov) |
| | Veteran Spiritual Care Group | Weekly 20-minute session of Christian scripture, meditation, and contemplation through VA Maine, Thursdays 2pm. WebEx link ; Meeting number (access code): 2761 395 5709; Meeting password: LectioDivina@137 |
| | Stay Quit Coach for Smoking Cessation | App store |
| | Phone Based Mindfulness Meditation | Dates: 2/3/23, 3/3/23, 4/14/23, 5/5/23, 6/2/23, 11am – 12 noon EST, join class by calling 1-404-397-1596 or 1-833-558-0712, Participant Access Code: 433 794 55. For more information email: NJWRIISCEDTEAM@va.gov |
| Whole Health | Intro to Whole Health Class | Speak to us for more information. |
| | Aromatherapy | Speak to us for more information. |

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| | Acupressure | Speak to us for more information. |
| | Battlefield Acupuncture | Speak to us for more information. |
| | Guided Imagery | Speak to us for more information. |

Good Resources to Have

For Women Veterans

- Women Veteran Call Center: [Trust her to find answers - Women Veterans Health Care \(va.gov\)](#)
- [Women's Mental Health | VA Charleston Health Care | Veterans Affairs](#)

Military Sexual Trauma

- [Military Sexual Trauma \(MST\) | VA Charleston Health Care | Veterans Affairs](#)

VBA Benefits

- [Home | Veterans' Affairs \(sc.gov\)](#)
- Regional Office, 1-800-827-1000
- Beaufort County Office of Veterans Affairs
 - Carl Wedler, (843)-255-6880
- Jasper County Office of Veterans Affairs
 - Alton Jenkins, (843)-726-7727
- Colleton County Office of Veterans Affairs
 - Janet D. Smith, 843-549-1412
- Hampton County Office of Veterans Affairs
 - Sharon Johnson, 803-914-2085, 803-914-2087

Vet Centers

- [North Charleston](#) 3625 West Montague Avenue North Charleston, SC 29418, (843)-789-7000
- [Savannah](#) 321 Commercial Drive Savannah, GA 31406, (912)-961-5800

Miscellaneous

- Enroll in MyHealtheVet [premium](#), which is free, to have access to Secure Messaging with your healthcare providers
- Ask VA online question portal: <https://ask.va.gov>

New number, same support.
Dial 988 then Press 1.



Pros and Cons of Therapy

| Pros of Therapy | Cons of No Therapy |
|--|--|
| <p>Examples:</p> <p>I could start enjoying fishing again.</p> <p>I could do more things with my kids.</p> | <p>Examples:</p> <p>I won't be able to keep a job because my irritability gets in the way.</p> <p>I won't be able to make it to my son's first football game.</p> |

My Between-Session Assignments

My primary therapy goal is:
Example: To not feel so anxious in public or around people I don't know

I will know I achieved this goal if:
Example: I can go to an event like dinner with my friends and not have to leave early

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Read through all of the therapy options on pages 3-9, then answer the following questions:

1. What could get in my way of effectively completing therapy? (Ex: work schedule, not interested in homework)

2. What are 3 of my strengths that will help when therapy is challenging? (Ex: openness to feedback, willingness to try anything)

3. Based on my current therapy goals, weekly availability, and readiness to change, which specific therapy would I like to engage in? (see pages 3-9)