



Course Name:

Intimacy and Emotional Disconnect in the Military and Veteran Population

Course Description:

This course investigates links between emotional disconnect and relationship intimacy issues primarily among veteran and active duty military heterosexual couples. The course focuses on how military beliefs and values can effect relationships on an intimate and emotional level. The course will discuss signs, symptoms, and treatment modalities that can benefit couples who feel emotionally disconnected.

Subject Areas:

Mental health, Heterosexual Couples, heterosexual Military Couples

Format:

Web-Based Training - Self-Study (Online)

Credit:

1 Continuing Education Credits/ 1 Clock Hours

Program Release Date:

October 6, 2015

Instructor Biography

Professional experience and education for each of our trainers is located on the PsychArmor Learning Management System online. Please visit <https://psycharmor.org/trainers/> for more information.

Place:

PsychArmor Learning Management System Online

Target Audience:

This course is intended for social workers, psychologists, marriage and family therapists, and other mental health professionals working with service members and veterans.

Course Level:

Intermediate

Outcomes/Objectives:

1. Define Walter Reed Army Institute's definition of Emotional Control
2. Describe the difference between external and internal emotional avoidance
3. Register for course on PsychArmor's learning management System
4. Attend and participate in 100% of program activity & evaluation

Registration/Participation in Activity Procedures:

1. Length of Course: 1 Hour
2. Review program schedule
3. Register for course on PsychArmor's learning management system
4. Attend and participate in 100% of program activity & evaluation

Statement of Participation:

A certificate of completion will be awarded to participants and accreditation records will be on file at PsychArmor Institute. In order to receive a certificate of completion from PsychArmor, you must register in PsychArmor's learning management system, attend 100% of the program and complete the evaluations as directed in PsychArmor's course. To enquire about CE's contact info@psycharmor.org and provide your name, email, and license number.

Report Training:

It is the program participant's responsibility to ensure that this training is documented in the appropriate location according to his/her locally prescribed process.

Program Schedule:

- Introduction (5 Minutes)
- Historical overview (10 Minutes)
- Overview of Battlemind and emotional control in the military (10 minutes)
- Discussion about the difference between emotional disconnection and connection (15 Minutes)
- How to address emotional disconnection in a clinical practice (10 Minutes)
- Evidence based treatments (5 Minutes)
- Summary and resources (5 Minutes)

Instructor/Credentials:

Sarah Nunnink, Ph.D.
Staff Psychologist/Clinical Lead
General Mental Health Department of Veterans Affairs

Accommodations/ Grievance:

View PsychArmor's Disclosure Statement, Grievance Policy & Accommodations [here](#) or Contact info@psycharmor.org

Accreditation/
Approval:



PsychArmor is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFT's, LPCCs, LEPs and LCSWs. PsychArmor maintains responsibility for the program/course and its content.



PsychArmor Institute is approved by the American Psychological Association to sponsor continual education for psychologists. PsychArmor maintains responsibility for this program and its content.



PsychArmor Institute (PAI) has been approved by NBCC as an Approved Continuing Education Provider ACEP No. 6772. Programs that do not qualify for NBCC credit are clearly identified. PsychArmor is solely responsible for all aspects of the programs.