



Presented by RTI International
APA Division 19
Regional Symposium Series

4-5 April 2019 | Research Triangle Park, NC

To Register:

Visit <https://www.eventbrite.com/e/apa-division-19-regional-symposium-series-tickets-58137792703> or <https://www.rti.org/event/apa-division-19-regional-symposium-series>

Tickets are \$25/day or \$40 for both days.

Admission for Students is FREE.

Boxed lunch will be provided each day, as well as coffee during breaks.

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Welcome

On behalf of APA's Society for Military Psychology and RTI International, welcome to the Research Triangle Park and the Division 19 Regional Symposium!

A primary objective for the RSS is to offer a venue for additional education, training, networking, mentorship, and leadership development for those already in the field and those interested in gaining knowledge in this area of psychology. Military psychologists serve in many domains, including academia, clinical practice, industrial and organizational psychology, operational psychology, and research, while also providing consultation to community leaders including educational, federal, state, and local officials as well as the private sector, DoD, and non-profit organizations. In keeping with this spirit, this symposium's theme is Interdisciplinary Approaches to Supporting the Warfighter across the Lifecycle, with topics spanning prevention, intervention, and promoting positive outcomes among Servicemembers, Veterans, and their families.

During the symposium, we are happy to answer any questions or help you with anything you might need—please do not hesitate to approach or email us.

We hope that you have a great symposium! Thank you for allowing us the opportunity to give back to the organization and its constituents this year; we are grateful and proud to call this our professional home.

Very Respectfully,

Jessica Kelley Morgan, Ph.D.

Becky Lane, Ph.D.

2019 Division 19 Regional Symposium Co-Chairs

About Division 19 Leading the Way: Military Psychology

Division 19: Society for Military Psychology encourages research and the application of psychological research to military problems. Members are military psychologists who serve diverse functions in settings including research activities, management, providing mental health services, teaching, consulting, work with Congressional committees, and advising senior military commands. The division presents four annual awards at the APA convention, including the Yerkes Award for contributions to military psychology by a nonpsychologist, plus two student awards, one of which is a travel award. Members receive the quarterly journal *Military Psychology* and the newsletter *The Military Psychologist*, published twice a year.

Please visit us at <https://www.militarypsych.org/> or learn more at <https://www.apa.org/about/division/div19>



Welcome from Division 19 President

Welcome to the first ever Division 19 Regional Symposia Series (RSS) that will be hosted by RTI in Research Triangle Park, North Carolina, April 4-5, 2019. This year's Division 19 theme is "Leading the Way: Military Psychology." More than ever, the field of military/operational psychology is paving the way in the areas of cutting edge research, advocacy, evidence-based interventions, and organizational change. Our hope for this conference is for you to experience an exciting and informational exchange of ideas on interdisciplinary approaches to supporting the warfighter across the lifecycle.

There will be numerous opportunities to connect with others and learn from a diverse group of professionals from clinical, organizational and research psychology. There will be many notable speakers presenting in the areas, such as: resilience training, posttraumatic growth, suicide prevention practices, TBI treatment, technology wearables, virtual reality, moral injury, suicide prevention, and blitz research presentations. This will be a great opportunity to network, learn about current findings in military psychology, and accrue Division 19/APA sponsored continuing education credits.

Stephen

Stephen Bowles, PhD, ABPP
President, Society for Military Psychology

Travel Information

APA's Division 19 Regional Symposium, hosted by RTI International, will be held in Research Triangle Park, NC - commonly referred to as simply The Triangle - a region in the Piedmont of North Carolina in the United States, anchored by the three major research universities of North Carolina State University, Duke University, and University of North Carolina at Chapel Hill, as well as the cities of Raleigh and Durham and the town of Chapel Hill.

Address:

RTI International
3040 East Cornwallis Road
Research Triangle Park, NC 27709
Phone: 919-541-6000

Nearest Airport:

Raleigh-Durham International Airport (RDU)
2400 John Brantley Blvd
Morrisville, NC 27560
Distance from RTI: 6.5 miles

Nearby Hotels:

The Marriott at Research Triangle Park
4700 Guardian Dr.
Durham, NC 27703
(919) 941-6200
<https://www.marriott.com/hotels/travel/rducp-marriott-at-research-triangle-park/>
Negotiated Rate: \$139/night

Wingate by Wyndham Raleigh Durham / Airport
5223 Page Rd
Durham, NC 27703
(919) 941-2854
<https://www.wyndhamhotels.com/wingate/durham-north-carolina/wingate-by-wyndham-raleigh-durham-airport/overview?>
Typically \$70/night

Extended Stay America Hotel Durham - RTP - Miami Blvd. – North
4610 S Miami Blvd
Durham, NC 27703
(919) 941-2878
<https://www.extendedstayamerica.com/hotels/nc/raleigh-durham/rtp-miami-blvd-north>
Typically \$55/night

About RTI International

RTI International is an independent, nonprofit research institute dedicated to improving the human condition. Clients rely on us to answer questions that demand an objective and multidisciplinary approach— one that integrates expertise across the social and laboratory sciences, engineering, and international development.

Combining scientific rigor and technical proficiency, we deliver reliable data, thorough analysis, innovative methods, novel technologies, and sustainable programs that help clients inform public policy and ground practice in evidence. We scale our approach to fit the demands of each project, delivering the power of a global leader and the passion of a local partner.

We believe in the promise of science, and we push ourselves every day to deliver on that promise for the good of people, communities, and businesses around the world.

Our experts hold degrees in more than 250 scientific, technical, and professional disciplines across the social and laboratory sciences, engineering, and international development fields. Our staff of nearly 5,000 works in more than 75 countries— tackling hundreds of projects each year to address complex social and scientific challenges on behalf of governments, businesses, foundations, universities, and other clients and partners. And our separate business operations— including RTI Health Solutions and Syntegrity— serve commercial clients across a wide range of industries around the world

We maintain offices on four continents, with our headquarters in Research Triangle Park, North Carolina, reflecting our roots in the area's distinguished universities. Founded in 1958 with support from North Carolina government, education, and business leaders, we maintain close ties with North Carolina State University, Duke University, North Carolina Central University, and the University of North Carolina at Chapel Hill.

Our dedication to innovative, objective research and technical services makes RTI an outstanding partner for clients around the world whose greatest challenges demand rigorous approaches and science-based solutions. It also makes RTI a great working environment for people who share our mission to improve the human condition.

Symposium Program Schedule

Thursday, 4 April 2019

0900	<p>Welcome Jessica Kelley Morgan, PhD and Becky Lane, PhD <i>RTI International</i> No CE Credits</p>
0915-0945	<p>Opening Remarks APA Division 19 President COL (Ret) Stephen V. Bowles, Ph.D., ABPP No CE Credits</p>
0945-1000	<p>Coffee Break</p>
1000-1055	<p>APA Guidelines for Practice with Military Service Members, Veterans and Their Families (CE) John F. Curry, Ph.D. and Mira Brancu, Ph.D. <i>Duke University/Mid-Atlantic MIRECC</i> CE Credits: 1.0</p>
1100-1155	<p>Technology Workshop: Virtual Reality for Training, Testing, and Evaluation Donia Slack, M.S. <i>RTI International</i> No CE Credits</p>
1200-1300	<p>Lunch/ Virtual Reality for EOD and Site Exploitation Training – Live Demonstration No CE Credits</p>
1300-1325	<p>Technology Workshop: Mobile Technologies and Wearables (CE) Paul Kizakevich, Ph.D. <i>RTI International</i> CE Credits: 0.5</p>
1330-1355	<p>Moral Injury, Spirituality, and Spiritual Care (CE) Rev Ryan Parker, MDiv <i>Durham VA</i> CE Credits: 0.5</p>
1400-1425	<p>The Physiology of Positive Psychology: Heart Rate Variability, Posttraumatic Growth and Coping Styles in the Military (CE) Jessica Kelley Morgan, PhD <i>RTI International</i> CE Credits: 0.5</p>
1430-1455	<p>VHA Chaplaincy Suicide Prevention Best Practice (CE) Rev Ryan Parker, MDiv and David Livesay, MSN, PMHNP-BC, NP <i>Durham VA</i> CE Credits: 0.5</p>
1500-1525	<p>Getting Upstream with Suicide Prevention (CE)</p>

	Jason Nieuwsma, PhD <i>Duke University/Mid-Atlantic MIRECC</i> CE Credits: 0.5
1630-1830	Social: The Frontier; 800 Park Offices Dr, Research Triangle Park, NC 27709

Friday, 5 April 2019

0900-0955	Better Than Before: Using Integrative Treatments to Improve Daily Functioning After TBI (CE) Suzette M. Chopin, PhD, MBA; Janette Hamilton, PhD; Thomas Campbell, PhD, ABPP-RP <i>Hunter Holmes McGuire VAMC</i> CE Credits: 1.0
1000-1025	Stellate Ganglion Block for Treatment of Posttraumatic Stress Disorder Symptoms: Evaluating New Potential Treatments for Old Problems (CE) Kristine Rae Olmsted, MSPH <i>RTI International</i> CE Credits: 0.5
1030-1055	Mental Health, Stress and Resilience Correlates of Heart Rate Variability Among Military Reservists and First Responders (CE) Laurel Hourani, PhD, MPH <i>RTI International</i> CE Credits: 0.5
1100-1125	Air Force Sexual Assault Prevention Becky Lane, PhD <i>RTI International</i> No CE Credits
1130-1155	Better together: Building a Model of Well-being and Social Connection for Military Service Members and Veterans Sam Cacace, PhD <i>North Carolina State University</i> No CE Credits
1200-1300	Lunch
1300-1325	Technology Workshop: Using MTurk to Recruit Military Samples Leyla Stambaugh, PhD <i>RTI International</i> No CE Credits
1330-1355	Technology Workshop: Using Clicker Technology to Conduct Peer Assessments Elizabeth Uhl, Ph.D. <i>U.S. Army Research Institute - Fort Benning</i> No CE Credits
1355-1415	Coffee Break
1415-1600	Data Blitz Podium Presentations

Data Blitz Podium Presentations

Addressing the Psychological Impact of Unavoidable Sleep Deprivation

Lisa DiSilvestro, M.A., 2LT USAR

Adler University

The Undeserved Consequences of Weight Bias in the US Military

Andrew W. Christian, M.A; Bina Parekh; and Gilly Koritzky

Argosy University

Associations between PTSD, Pain, Depression, and Suicidality Among Combat-Wounded Veterans with Potential TBI

Hannah C. Hamrick, B.S.¹; Christine M. Conley¹; Michelle L. Kelley, Ph.D.^{1,2}

¹*Department of Psychology, Old Dominion University*

²*Virginia Consortium Program in Clinical Psychology*

Distinguishing Characteristics of Veteran Out of Hospital Premature Natural Death

Jessica Ford, PhD; Ashley Griffith, BS; Juinell Williams, BA; Samuel F. Sears, PhD; Elisabeth Lee, BA; Irion Pursell, BS; J. Paul Mounsey, MD, PhD

East Carolina University

Qualitative Analysis of Servicewomen's Willingness to Seek Mental Health Treatment

Ashley M. Griffith, B.S.; Jessica Ford, Ph.D.; Taylor E. Zurlinden, B.A.; Laura Haney, M.A.; Nichelle L. Huber, M.A.; Juinell Williams, B.A.

East Carolina University

Examining Workplace Moral Behaviors and Perceived Trust in Military Couples

Julianne Demery, Adam Fried, PhD, and Ruchi Bhargava, PhD

Midwestern University

The Feasibility and Effectiveness of Yoga as a Treatment for Co-Morbid Pain and PTSD

Suzette M. Chopin, PhD, Registered Yoga Teacher (RYT-200); Brian L. Meyer, PhD; Christina Sheerin, PhD

Hunter Holmes McGuire VAMC

Character Development in U.S. Army Basic Combat Training

Tatiana H. Toumbeva, PhD; Fredrick J. Diedrich; Elizabeth R. Uhl, PhD; Scott Flanagan; Jennifer S. Tucker, PhD

Aptima

U.S. Army Research Institute - Fort Benning

Be careful what you measure: Is hardiness the same in military and civilian contexts?

Ashley Holland

North Carolina State University

Hardiness as a predictor for life satisfaction in military, civilians, and first responders

SSGT Aaron San Miguel

North Carolina State University

Modeling Moral Injury: Examination of Litz and Colleagues Working Model

Allison R. Battles, M.S.¹, John Schwartz, M.A., Michelle Kelley, PhD^{1,2}

¹*Virginia Consortium Program in Clinical Psychology*

²*Department of Psychology, Old Dominion University*

Presenter Information

Audio/visual capabilities: While A/V should be available in session rooms, note that Internet may not be. Thus, presenters need ensure that their A/V content is stored on their computer and thumb drive so that it can be played locally.

Podium Presentations/Data Blitzes: Podium presentations allow for more talks to populate the conference. There are going to be 11 papers in our session. Thus, individual presenters are encouraged to finish in approximately 9 minutes, which leaves approximately 20 minutes for questions at the end of the session. In light of the shortened presentation time available for each abbreviated paper, we encourage presenters to focus on their results and implications, while significantly abbreviating their introduction and method sections.

Use of approximately five slides is recommended.

- ❖ The first slide is recommended to be a title slide and may contain the title, the names of all authors, the institution(s) where the research was performed and any acknowledgements/funding sources.
- ❖ The second slide is recommended to contain an overview of the background to the study and the key question/s being addressed.
- ❖ The third slide is recommended to contain brief information about the experimental design used to address the question (using a diagram, timeline and/or bullet points).
- ❖ The fourth slide is recommended to contain your main finding(s). Attempting to communicate all of your findings is not recommended; instead, the recommended goal is to summarize your most interesting findings, being selective about what aspects of the study to include. Use of a single figure, table, picture, or a limited amount of text is recommended.
- ❖ A fifth slide, if needed, might include a second slide for results or else a conclusion with the implications of your results.

Some additional tips for abbreviated papers are as follows.

- ❖ Planning what you want to say and the best and shortest way to say it, focusing on your main points about your data/findings and their meaning, and being selective.
- ❖ Verbally communicate your point and consider having little text on slides so that the audience is not overwhelmed. Keep the font size the same as you normally would, instead of making the font smaller to fit more text on the slide.
- ❖ Animations can cause time delays.
- ❖ Including more than three tables/figures is likely too many. If you cannot tell your story in three tables/figures, you might just describe the most surprising or interesting findings.
- ❖ All usual presentation recommendations are still applicable, including facing the audience, speaking clearly and slowly, and avoiding being rushed for time.

Division 19 RSS on Social Media

Policy for Social Media Use at the Society for Military Psychology Regional Symposium at RTI International

Statement of Purpose:

Division 19 and RTI International embrace the use of social media at the RSS. However, we also recognize that some attendees may not wish to have their scholarship and/or image disseminated via social media. We anticipate that this could create issues in the future for invited speakers, as a social media presence and image may be important for such individuals.

Thus, we propose the following policy regarding symposium attendee's social media use:

Division 19 and RTI International value open dialogue about the topics and data presented at the symposium, however, we also value the rights and privacy of symposium attendees. Division 19 and RTI encourage the use of social media (Twitter, Facebook, YouTube, SnapChat, blogs, etc.) during paper, poster, and plenary and social events, including live tweeting, with some limitations:

- ❖ Video and audio recording (including live streaming) of paper, poster, and plenary sessions is not allowed.
- ❖ Attendees may not share photos or videos of presenters or their data on social media without the presenter's consent.
- ❖ Presenters have the option of requesting to opt out of using social media. If a presenter makes this explicit request, attendees should refrain from posting about the presentation on social media.
- ❖ Photography, video, and audio recordings by attendees for personal use is allowed at social events and in public spaces. Please be mindful of other attendees when posting on social media.

Social Media Guidelines for Symposium Program

Please DO:

- ❖ Follow Division 19 on Facebook and Twitter
- ❖ Use the hashtag #Div19RSS and other relevant hashtags
- ❖ Engage with other conference attendees
- ❖ Be respectful in the tone and content of your posts
- ❖ Silence all phones and tablets
- ❖ Consider sitting near the back if using a laptop or tablet

Please DON'T:

- ❖ Share photos or videos of attendees without their consent
- ❖ Share data without the author's consent
- ❖ Post about talks or posters where presenter has explicitly asked to opt out of social media



APA Division 19 - Military Psychology

RTI International



@military_psych

@RTI_Intl



RTI International



@rti_intl

@the_rti_difference_

Continuing Education (CE) Credits

Division 19: Society for Military Psychology is approved by the American Psychological Association to sponsor continuing education for psychologist. Division 19 maintains responsibility for this program and its contents. All CE programming herein is part of the Division 19 Regional Symposia Series.

All programming eligible for CE credits are noted “(CE)” in the title and the number of CE credits offered is listed in the details.

Social

We will be hosting a Social after our programming on Thursday at the Division 19 RSS at RTI International.

The Social will be at The Frontier - Building 800, 800 Park Offices Dr, Research Triangle Park, NC 27709

<https://www.rtp.org/about-us/the-frontier>

Each person will receive two tickets for free beer. There is indoor and outdoor seating available.

Please join us for some networking and socializing!