



**WILLIAM JAMES
COLLEGE**

December 15, 2021



MVP and TVTV Newsletter

Your newsletter for all important updates related to Military and Veterans Psychology and the Train Vets to Treat Vets Programs.

Announcements

Upcoming CE Events

Effective Leadership during Chaos and Crisis

Time and Date: December 17th 12-1pm

CE Credits: 1

Cost: Free

Originally developed and coined in the early 1990's at the U.S. Army War College in Carlisle Barracks, the acronym "VUCA" – volatile, uncertain, complex and ambiguous – described the future battlefields on which soldiers would fight in a post-Cold War environment. During the Pandemic, this acronym became mainstream to describe the challenges leaders at all levels in the private, public, and non-profit sectors. The leadership skills needed to succeed in a VUCA environment are significantly different than during normal and stable situations.

[**Register Here**](#)

**Co-Parenting and Deployment Trauma:
Integrative Strategies in Couple and Family
Therapy**

Time and Date: January 21st 12-1pm

CE Credits: 1

Cost: Free

Please join us for a discussion about co-parenting and deployment trauma in military families. Research has found that marital satisfaction may exacerbate or buffer mental health symptoms in military service members. Professor David Haddad, core faculty member at William James College will discuss the family as a living system and identify unique characteristics of military families. Participants will also have the opportunity to learn about the differences between non-military and military family developmental cycles. We will also discuss therapeutic interventions, including positive psychology, as well as common factors of effective therapists and therapies in the field of couple and family therapy for military families.

[Register Here](#)

Previous CE Events

Substance Use and Veterans - November 19th

Guest Speaker: Jane Paar, M.A.

This event served as an introduction to substance use in veteran and military populations. Our guest speaker discussed treatment access points for veterans including initiatives in the community. Participants also had the opportunity to learn about the many barriers to treatment military and veterans face. We also briefly discussed evidence-based practices currently being used in the field. Finally, participants learned about risk factors that contribute to substance use in veterans including suicidality, diversity, dual diagnosis, and other factors specific to military and veteran populations. This is a topic that is a priority due to data showing substance use is a risk factor contributing to veterans having higher rates of dying by suicide.

Moral Injury - October 15th

Guest Speakers: Dr. Jenny D'Olympia, Psy.D. and Kevin Lambert

A moral injury is an injury to the soul, which betrays actions an

individual sees as just and right. Johnathan Shay, a long-time VA Psychiatrist, coined the term with the original definition as an act committed by one's self or ordered to be committed by a person in legitimate authority, in a high stakes situation (Shay, 2014). With a moral injury, a veteran experiences incongruence between their actions or the actions of others and their morals and beliefs about the world, leading to an internal dilemma.

Suicide Prevention - September 17th

Guest Speaker: Nora Drane, LICSW

This event served as an introduction to Department of Veterans Affairs Comprehensive Suicide Risk Evaluation (CSRE). Our guests from the Bedford VA Suicide Prevention Services discussed the state of suicide as well as referral services and interventions for our military and veteran populations. This is a difficult topic of significance as we are increasingly isolated in the pandemic environment. During the course of the discussion, we addressed the fear and concern providers have about approaching suicidal thoughts and behaviors among high-risk patient populations, the Columbia Suicide Severity Rating Scale, and the Comprehensive Risk Assessment Tool.

Veterans Day Observation



On November 12th, WJC military & veteran faculty, staff, and students hosted and presented a Veterans Day Observation. This was our opportunity to celebrate these members of our community, who have sacrificed so much, after decades of war. Community members were invited to come and listen carefully as our student and alumni military & veterans spoke about the strength and resilience that they bring to the classroom and to the field of psychology.

Alumni Spotlight - Dr. Sagar Lad, Psy.D., CSP



Sagar Lad, Psy.D., CSP is an Advanced Psychology Fellow-Neuropsychology Specialty at the W.G. (Bill) Hefner VA Healthcare System within the Mid-Atlantic VISN 6 MIRECC on Post Deployment Mental Health in Salisbury, NC. He also is an Adjunct Faculty in Neurology at Wake Forest

School of Medicine and a Board Certified Psychometrist. He received his MA and PsyD in Clinical Psychology from William James College in Newton, MA and completed his clinical pre-doctoral internship at the Finger Lakes VA Healthcare System in Canandaigua, NY. As noted in APA DIV 19, he has worked on projects focused on sleep disorders, pain interference, and post-deployment mental health of OEF/OIF Veterans. Additionally, he is collaborating with neuropsychologists in addressing microaggressions and microinsults experienced by pre-doctoral-to-late career minority neuropsychologists.

Student Spotlight - James Graham

James Graham is a current 5th-year student of the Clinical Psychology program. He is currently completing his APA internship at the University Health Services department at the University of South Carolina. He concentrated in the MVP program during his time in the Masters level Clinical Mental Health Program at WJC. James' career goals are to connect with VA's or other VSOs to provide clinical treatment to the underserved population of Veterans. His doctoral project is titled Veterans' Voices: Perceptions of the Utility of Written Expressive Therapy. It is a qualitative study with the goal of exploring the difficulties Veterans face when reintegrating into civilian society, how to better address these issues clinically, and to provide Veterans the opportunity to have their voices heard in this process. James has presented twice with WJC's own Dr. Susan Powell and former WJC staff and students on the complexity of veteran identity and



enhancing cultural competence while working with student veterans.

Contact Us!

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