



MENTAL HEALTH PROFESSIONAL

BEYOND THE UNIFORM: EMOTIONAL, SOCIAL, AND SYSTEMIC CHALLENGES WITHIN THE MILITARY AND VETERAN COMMUNITY

3 MODULES | 7 CE - APA | ASWB | NBCC

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BEYOND THE UNIFORM

EMOTIONAL, SOCIAL, AND SYSTEMIC CHALLENGES WITHIN THE MILITARY AND VETERAN COMMUNITY

1.5 HOUR CE Credit Approved (See Page 3)

*Hosted by Give an Hour, and Supported by the
Pedersen Foundation*



Friday, April 3rd, 2026

12pm - 1:30pm EST

Optional Q&A:

1:30pm - 2pm EST

MORAL INJURY AND MORAL DISTRESS: CLINICAL FOUNDATIONS FOR MILITARY AND CIVILIAN CONTEXTS

Course Description:

This 90-minute introductory training, eligible for 1.5 CEs, provides mental health professionals with a foundational understanding of moral injury in military and veteran populations and its distinction from moral distress in civilian contexts.

Participants will examine morally injurious events experienced by service members and veterans and review associated psychological, relational, and physiological impacts. The training also explores how moral distress manifests across institutional settings, including healthcare, first response, and social-impact organizations, highlighting similarities, differences, and cumulative effects.

While designed to meet continuing education requirements for licensed mental health professionals, this training is also appropriate for non-clinical providers, peer supporters, leaders, and organizational stakeholders seeking to better understand moral suffering and its impact across systems.



Hosted on ZOOM- For system requirements please visit: [ZOOM WEBSITE](#)

Learning Objectives:



Define moral injury in military and veteran populations and identify its core features, including morally injurious events (e.g., transgression, betrayal, witnessing or failing to prevent harm) and associated psychological, relational, and physiological impacts.



Compare and contrast moral injury and moral distress across civilian populations and institutional contexts, including identification of similarities, differences, and potential cumulative effects.

INSTRUCTORS:

Dr. Daniel L. Roberts, DM/IST
**President & CEO, Moral Injury Support Network
for Servicewomen, Inc.**



Dr. Daniel L. Roberts is President and CEO of the Moral Injury Support Network for Servicewomen, Inc., a nonprofit advancing women-focused education and research on moral injury. A mission-driven leader, writer, and advocate with over two decades of

experience supporting service members and veterans, he works at the intersection of research, advocacy, and lived experience. Dr. Roberts specializes in moral injury, trauma-informed care, and the unique experiences of women veterans, translating complex research into practical resources for caregivers, military families, and organizations. He holds a Doctor of Management in Organizational Leadership, an M.S. in Information Systems, and a B.A. in Management and Ethics.

BEYOND THE UNIFORM

EMOTIONAL, SOCIAL, AND SYSTEMIC CHALLENGES WITHIN THE MILITARY AND VETERAN COMMUNITY

TRAINING AGENDA



Friday, April 3rd, 2026

12pm - 1:30pm EST

Moral Injury and Moral Distress: Clinical Foundations for Military and Civilian Contexts

Date: Friday, April 3rd, 2026

Time: 12:00 PM – 1:30 PM ET

Format: Live, Non-Interactive Webinar

CE Credit: 1.5 CE Hours

INSTRUCTOR: Dr. Daniel Roberts, President & CEO, Moral Injury Support Network for Servicewomen, Inc.

12:00 – 12:05 PM (5 minutes)

Welcome, Housekeeping & Learning Objectives

- Welcome and speaker introductions
- CE information and requirements
- Overview of training scope
- Review of learning objectives

12:05 – 12:20 PM (15 minutes)

Defining Moral Injury in Military & Veteran Populations

Content will include:

- Plain-language definition of moral injury
- The three-component framework (event(s), violation of deeply held moral beliefs, difficulty integrating experience)
- Distinction between morally injurious events and moral injury itself
- How moral injury differs from PTSD

12:20 – 12:40 PM (20 minutes)

Morally Injurious Events (MIEs) in Military Contexts

- Types of MIEs: transgression, betrayal, witnessing harm, failing to prevent harm
- The role of military culture
- Combat-related examples (e.g., civilian casualties, drone operations)
- Institutional betrayal (e.g., cover-ups, double standards, discharge injustices)
- Chronic, cumulative exposure (not only extreme events)
- Gendered experiences and moral expectations

12:40 – 12:55 PM (15 minutes)

Psychological, Relational, and Physiological Impacts

- Emotional responses: Guilt vs. shame (how they function differently), Anger vs. helplessness
- Language clinicians should listen for
- Relational impacts
- Civilian transition impacts
- Dormancy and later activation (life transitions, parenthood, retirement)

12:55 – 1:10 PM (15 minutes)

Moral Distress in Civilian and Institutional Contexts

- Definition of moral distress
- Key differences from moral injury
- Cumulative exposure
- When moral distress may evolve toward moral injury

1:10 – 1:25 PM (15 minutes)

Clinical Considerations for Mental Health Professionals

- Importance of naming moral injury (without pathologizing)
- Assessment tools
- Avoiding inadvertent harm
- Narrative approaches and compassionate listening
- Real-world case example (combat-related moral injury)
- Practical implications for clinicians

1:55 – 2:00 | Closing and Q + A (5 min)

- Key takeaways and clinical applications
- How to claim CE credit
- Opportunities to join the Give an Hour Cadre
- Preview of upcoming modules
- Participant Q&A to follow

Agenda subject to minor adjustments based on presenter flow or audience needs.

COURSE COMPLETION AND CE INFORMATION

FOR GIVE AN HOUR MENTAL HEALTH PROFESSIONAL LIVE TRAINING & WORKSHOPS

Course completion requirements:

- For any general questions or concerns, including those related to accessibility, please contact: providerrelations@giveanhour.org.
- At the end of the training session, a link to the post-assessment will be shared in the Zoom chat. The link will also be sent via email the following day.
- Two unique codes will be shared at random times during the session. Please take note of these codes – they are required to complete the post-assessment.
- Licensed Mental Health Professionals must attend the entire course, pass the post-assessment with a score of 80% or higher, and complete a course evaluation to be eligible for CE credit. Once all items are completed, the certificate will be automatically available for download in the ProProfs system.
- Cancellation and refund policies do not apply to Give an Hour trainings, as all of our trainings are offered free of charge. If you are unable to attend, simply do not participate—no penalties will be incurred, and no further action is required.
- You must join the training through Zoom using a web browser or the app. Phone (audio-only) participants are not eligible for credit, as attendance cannot be tracked.

Approved CE Statements:

- Give an Hour provider # 2097, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 04/30/2025– 04/30/2026. Social workers completing this course receive 1.5 cultural competence continuing education credit.
- Give an Hour has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7552. Programs that do not qualify for NBCC credit are clearly identified. Give an Hour is solely responsible for all aspects of the programs
- Give an Hour is approved by the American Psychological Association to sponsor continuing education for psychologists. Give an Hour maintains responsibility for this program and its content.

For questions, grievances, or special accommodations, please contact us at providerrelations@giveanhour.org or 240-745-5641. You can also visit giveanhour.org or write to us at PO Box 1532, Clarksburg, MD 20871.



BEYOND THE UNIFORM

EMOTIONAL, SOCIAL, AND SYSTEMIC CHALLENGES WITHIN THE MILITARY AND VETERAN COMMUNITY

1.5 HOUR CE Credit Approved (See Page 2)

Hosted by Give an Hour, and Supported by the Pedersen Foundation



Friday, April 17th, 2026

12pm - 1:30pm EST

Optional Q&A:

1:30pm - 2pm EST

TRAUMA-INFORMED APPROACHES TO MORAL REPAIR: CLINICAL AND COMMUNITY-BASED STRATEGIES

Course Description:

This 90-minute training, eligible for 1.5 CE credits, builds upon foundational concepts of moral injury and moral distress and focuses on trauma-informed strategies that support moral repair, reconnection, and recovery. Participants will examine evidence-informed clinical approaches used to address moral injury in military and veteran populations, as well as civilian populations, including therapeutic principles that promote meaning-making, self-forgiveness, restoration of identity, and relational repair. The training also explores non-clinical pathways to healing, including peer support, community connection, spiritual and cultural resources, and system-level practices that foster belonging and help-seeking. Designed to meet continuing education requirements for licensed mental health professionals, this training is also appropriate for non-clinical providers, peer supporters, leaders, chaplains, and organizational stakeholders seeking to better understand trauma-informed responses to moral suffering across military and civilian contexts.

Learning Objectives:



Identify trauma-informed clinical approaches that support moral repair, reconnection, and recovery in individuals experiencing moral injury, including evidence-informed treatment modalities and core therapeutic principles



Describe trauma-informed non-clinical strategies that promote moral repair and restoration of connection, including peer support, community engagement, meaning-making practices, and system-level supports.

INSTRUCTORS:

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President & CEO, Moral Injury Support Network for Servicewomen, Inc.



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experience supporting service members and veterans, he works at the intersection of research, advocacy, and lived experience. Dr. Roberts specializes in moral injury, trauma-informed care, and the unique experiences of women veterans, translating complex research into practical resources for caregivers, military families, and organizations. He holds a Doctor of Management in Organizational Leadership, an M.S. in Information Systems, and a B.A. in Management and Ethics.



Hosted on ZOOM- For system requirements please visit: [ZOOM WEBSITE](#)

BEYOND THE UNIFORM

EMOTIONAL, SOCIAL, AND SYSTEMIC CHALLENGES WITHIN THE MILITARY AND VETERAN COMMUNITY

TRAINING AGENDA



Friday, April 17th
12pm - 1:30pm EST

Moral Injury and Moral Distress: Clinical Foundations for Military and Civilian Contexts

Date: Friday, April 17th 2026

Time: 12:00 PM – 1:30 PM ET

Format: Live, Non-Interactive Webinar

CE Credit: 1.5 CE Hours

INSTRUCTOR: Dr. Daniel Roberts, President & CEO, Moral Injury Support Network for Servicewomen, Inc.

12:00 – 12:05 PM (5 minutes)

Welcome, Framing & Learning Objectives

- Welcome and speaker introduction
- CE information and requirements
- Overview of training focus: trauma-informed pathways to moral repair
- Review of session objectives

12:05 – 12:20 PM (15 minutes)

Core Therapeutic Principles for Moral Repair

- Trauma-informed principles that reduce shame, self-condemnation, and isolation in moral injury
- How safety, attunement, and a non-pathologizing stance support moral processing and identity stabilization
- Role of clinician presence in restoring moral agency and dignity

12:20 – 12:40 PM (20 minutes)

Evidence-Informed Clinical Interventions

- Clinical interventions used in military and civilian moral injury work (adaptive disclosure, meaning-centered approaches, forgiveness-based work)
- How these modalities address guilt, betrayal, identity rupture, and spiritual/existential distress
- When referral to specialized care (chaplaincy, group-based interventions, spiritually integrated care) may be indicated

12:40 – 12:55 PM (15 minutes)

Identity Reconstruction and Relational Repair

- Strategies that facilitate self-forgiveness and values reintegration
- Approaches that promote repair of relationships and restoration of moral agency
- Markers of movement from moral suffering toward moral repair

12:55 – 1:15 PM (20 minutes)

Role of Peer and Community Connection

- Role of peer support in moral repair
- How peer connection mitigates isolation and moral shame
- Protective role of belonging and shared meaning
- Impact of lived-experience sharing and peer-led examples in normalizing moral struggle and fostering connection

1:15 – 1:25 PM (10 minutes)

Meaning-Making and Cultural/Spiritual Resources

- How spiritual, cultural, and existential frameworks support moral reconciliation
- Practices that facilitate narrative integration and values clarification
- Importance of cultural humility when engaging spiritual or moral frameworks
- How systems can compound or repair moral harm

1:25 – 1:30 PM (5 minutes)

Institutional and System-Level Influences & Closing

- Key takeaways and closing remarks
- CE information and requirements
- Q&A to follow

**Agenda subject to minor
adjustments based on presenter
flow and audience needs.**

COURSE COMPLETION AND CE INFORMATION

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BEYOND THE UNIFORM

EMOTIONAL, SOCIAL, AND SYSTEMIC CHALLENGES WITHIN THE MILITARY AND VETERAN COMMUNITY

4 HOUR CE Credit Approved (See Page 2)

*Hosted by Give an Hour, and Supported by the
Pedersen Foundation*



Friday, May 1st, 2026
10 AM - 2:30 PM EST
(30 min break)
Optional Q&A to follow

USING THE INTERPERSONAL THEORY OF SUICIDE IN PRACTICE

Course Description:

This 4-hour training introduces participants to the Interpersonal Theory of Suicide, a framework that addresses the question, “Why do people die by suicide?” Attendees will learn comprehensive assessment strategies based on this theory and gain training in applying clinical interventions tailored to each level of suicide risk.

The training includes real-world case examples, video demonstrations, and clinical anecdotes to deepen understanding of the theory’s two foundational pillars. Emphasis will be placed on developing the skills necessary to recognize warning signs and intervene effectively. A combination of lecture and interactive group discussion will be used to achieve learning objectives.

***REGISTRATION:
LIMITED TO 50 GIVE AN HOUR PROVIDERS**



Hosted on ZOOM- For system requirements please visit: [ZOOM WEBSITE](#)

Learning Objectives:



Identify the 2 pillars of the Interpersonal Theory of Suicide

Demonstrate the ability to recognize desire and capability in case examples

Assess levels of risk based on the interpersonal theory of suicide.

Utilize at least three clinical interventions in working with clients endorsing suicidal ideation and/or behaviors

Explain theoretical stances aligned with the interpersonal theory of suicide

INSTRUCTORS:

Dr. James Geisler, PhD, NCC, LPC



Dr. James Geisler, PhD, NCC, LPC is a licensed professional counselor with over 10 years of experience in the mental health field. Over the past five years, he has trained more than 200 professionals in the Interpersonal Theory of Suicide.

Dr. Geisler first encountered this theory during his doctoral studies and quickly became a passionate advocate for integrating it into Master’s-level counseling education. For five consecutive years, he has designed and solely facilitated a graduate-level course on the Interpersonal Theory of Suicide within a counseling program in Connecticut.

For the past two years, Dr. Geisler has served as an NBCC-Approved Continuing Education Provider for this training, allowing licensed professionals to enhance their clinical skillset and deepen their understanding of suicide-related interventions through this specialized framework.

BEYOND THE UNIFORM

EMOTIONAL, SOCIAL, AND SYSTEMIC CHALLENGES
WITHIN THE MILITARY AND VETERAN COMMUNITY

TRAINING AGENDA

Using the Interpersonal Theory of Suicide in Practice

Date: Friday, May 1, 2026

Time: 10:00 AM – 2:30 PM ET

Format: Live, Non-Interactive Webinar

CE Credit: 4 CE Hours

INSTRUCTOR: Dr. James Geisler, PhD, NCC, LPC

REGISTRATION: LIMITED TO 50 GIVE AN HOUR PROVIDERS

10:00 – 12:00 PM (2 hours)

Welcome, Framing & Learning Objectives

- Introduction to the Interpersonal Theory of Suicide
- Overview of Myths associated with suicide related to this
- Theory addressing gaps in the field.
- Concepts of “Desire” and Empirical support (Pillar 1)
- Concept of “Acquired Capability” and Empirical support. (Pillar 2)
- Identifying theory through case examples (group discussion)

12:00 – 12:30 PM (30 minutes)

Break

12:30 – 1:30 PM (1 hour)

Introduction to the Decision Tree Interview

- Assessment questions per category
- Considerations for additional assessment questions
- Assessing level of risk

1:30 – 2:30 PM (1 hour)

Using Clinical Interventions within the Theory

- Defining a crisis
- Goals of crisis intervention
- Review of Clinical Interventions
- Clinical interventions at each level of risk
- Theoretical stances associated with the interpersonal theory of suicide

Q&A to follow

*REGISTRATION:

LIMITED TO 50 GIVE AN HOUR PROVIDERS

*Agenda subject to minor adjustments
based on presenter flow or audience
needs.

COURSE COMPLETION AND CE INFORMATION

FOR GIVE AN HOUR MENTAL HEALTH PROFESSIONAL LIVE TRAINING & WORKSHOPS

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