

Finding What Works for Those Who Work for Their Country

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Bradley Karlin

Veterans who have served their country deserve the best treatment possible. And [Bradley Karlin](#), Director of the Psychotherapy Programs at US Department of Veterans Affairs (VA), helps insure that the psychotherapy treatment these individuals are receiving is based on sound science.

Karlin oversees the development, implementation, and monitoring of mental health programs in evidence-based psychotherapy and psychogeriatrics in the VA health care system. He focuses on promoting evidence-based psychotherapies for PTSD, depression, serious mental illness, insomnia, and other conditions.

At the [24th APS Annual Convention](#) in Chicago, Illinois, USA, Karlin will be sharing his experiences at the VA in his talk “Implementing Cognitive Behavioral and Acceptance and Commitment Therapies for Depression in the VA Health Care System.” The talk will be part of the Clinical Science Forum “[Organizational Efforts to Disseminate and Implement Empirically-Supported Interventions in Health Care Systems](#)” which is co-organized by the Academy of Psychological Clinical Science (APCS) and the Society for a Science of Clinical Psychology (SSCP).

The symposium will provide an overview of large-scale organizational efforts to increase the use of empirically-supported treatments in health care systems. Speakers will describe the implementation and dissemination of empirically-supported interventions within the Air Force (AF) and Veterans Affairs

(VA) health care systems. Speakers will primarily focus on these treatments: prolonged exposure (PE) therapy, cognitive processing therapy for Posttraumatic Stress Disorder (PTSD), cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT) for depression, and behavioral couples and family therapy.

For more on evidence-based psychotherapy and how “talk-based therapy” can be applied specifically to mental health conditions, listen to Bradley Karlin’s [radio interview](#) with Dot Mil Docs, the Military Health System’s official podcast. And for more clinical psychology, read about the newest APS journal, [Clinical Psychological Science](#).

Karlin, B., & Humphreys, K. (2007). Improving Medicare coverage of psychological services for older Americans. *American Psychologist*, 62 (7), 637-649 DOI: [10.1037/0003-066X.62.7.637](https://doi.org/10.1037/0003-066X.62.7.637)