

## **Tier Three**

### **Thursday-Friday, December 8-9, 2016**

Tier Three is a two-day classroom training. Participants must attend both days in full to receive CE credits. No partial credit will be awarded for partial attendance.

#### **Evidence-Based Treatment for PTSD: Prolonged Exposure Therapy (PE)**

This intensive 2-day module provides training in PE, an evidence-based treatment for PTSD described in the manual *Prolonged Exposure Therapy for PTSD – Therapist Guide*, by Foa et al., 2007. It covers the theoretical underpinnings and research behind PE, and reviews the main clinical techniques used in this structured protocol. Step-by-step instructions for conducting PE therapy sessions are shared, including in-vivo and imaginal exposure, along with strategies for working with over- and under-engaged patients and other difficult cases. Video examples of PE cases are used to demonstrate therapist skills. Participants are expected to do role-plays in class to practice PE techniques, and they must attend both days.

#### Learning Objectives:

1. Review evidence-based treatments for PTSD.
2. Increase awareness of the empirical support for PE in treating PTSD.
3. Illustrate the theoretical basis for using PE to treat PTSD.
4. Examine the role maladaptive fear structures play in non-recovery from trauma.
5. Recall the PE protocol and its four main techniques.
6. Review homework assignments used in PE.
7. Increase awareness of the mechanisms underlying in-vivo and imaginal exposure.
8. Discuss the overall rationale of PE.
9. Develop an in-vivo hierarchy.
10. Administer imaginal exposure.
11. Identify strategies to modify PE for certain kinds of patients.
12. Discuss strategies for assessing the outcome of PE.
13. Examine organizational barriers to implementing PE.
14. Apply PE to deployment-related PTSD clinical cases.