

# Prolonged Exposure Therapy (PE)

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This intensive 2-day module provides training in Prolonged Exposure (PE) Therapy, 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 empirical and theoretical support for PE and reviews the main clinical techniques used in this structured protocol. Step-by-step instructions for conducting PE therapy sessions, including in vivo and imaginal exposure, along with strategies for working with over- and under-engaged patients and other difficult cases, are shared. Videotaped 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.

**Target Audience:** For behavioral health providers who treat military personnel, veterans, and their families. Specifically, this workshop is for Active Duty, GS-DoD, and contractor-DoD behavioral health providers who provide psychotherapy to Service members at a military facility. Nurses and nurse practitioners are also welcome as long as they meet those requirements.

**Instructional Level:** Intermediate

**Learning Objectives:**

Attendees will be able to:

1. Develop a theoretical conceptualization of a client’s PTSD symptoms to guide treatment planning.
2. Communicate a rationale for Prolonged Exposure Therapy that builds rapport, improves client motivation, and increases treatment adherence.
3. Determine how common reactions to trauma relate to the symptoms of PTSD and articulate how these reactions impact client functioning.
4. Demonstrate an effective method of breathing that reduces client arousal and promotes distress tolerance.
5. Construct an individualized avoidance hierarchy designed to systematically confront core fears.
6. Implement in vivo exposure to block trauma related avoidance.
7. Facilitate imaginal exposure to reduce the intensity and frequency of PTSD symptoms.
8. Utilize specific skills to manage emotional engagement to increase the effectiveness of imaginal exposure.
9. Structure homework assignments that deepen exposure-based learning and further treatment goals.
10. Distinguish “hot spots” in the trauma memory in order to more efficiently reduce the intensity of associated symptoms.

11. Analyze exposure exercises to facilitate new learning and modify client's unhelpful, trauma-based cognitions.
12. Incorporate new learning to revise unhelpful cognitions that promote avoidance and maintain symptoms.
13. Assess Prolonged Exposure Therapy outcomes using standardized procedures and use assessment data to refine treatment planning.
14. Adapt exposure techniques in a theoretically consistent manner to improve accessibility and clinical outcomes for specific patients.

## PE Agenda

### DAY ONE

TIME	TOPIC
0900-1130	Theory & research behind PE
1130-1300	Overview of sessions 1-10 Establishing the therapeutic alliance Session #1 - Overall Rationale
1300-1400	<b>LUNCH</b>
1400-1530	Show DVD of Overall Rationale to demonstrate key points Break into dyads/triads to practice giving Overall Rationale Breathing training exercise Introduce Session #2 - Discuss common reactions to trauma
1530-1730	Continue with Session #2 - Review In-Vivo Exposure: <ul style="list-style-type: none"> <li>• Rationale</li> <li>• Use of SUDS</li> <li>• Construction of hierarchy</li> <li>• Safety guidelines</li> </ul> Assignment of homework

### DAY TWO

TIME	TOPIC
0900-1130	Show DVD of In-Vivo exposure to demonstrate key points Break into dyads/triads to practice constructing In-Vivo hierarchy
1130-1300	Introduce Session #3 - Imaginal Exposure: <ul style="list-style-type: none"> <li>• Rationale</li> </ul> Procedures Assignment of homework
1300-1400	<b>LUNCH</b>
1400-1530	Show DVD of Imaginal Exposure to demonstrate key points, Break into dyads/triads to practice doing Imaginal Exposure
1530-1730	Hotspot procedures and final session Show DVD of final session: Difficult Patient Issues and Practical Barriers: Modifications to PE Wrap-up

*\*\* Regular breaks will be assigned and are not reflected in the schedule*



## Location Information

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**Address:**

Kadena AB, Japan (exact location TBD)

**Date:**

21-22 May 2020

## Participate

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**Registration Information:**

This workshop is for Active Duty, GS-DoD, and contractor-DoD behavioral health providers who provide psychotherapy to Service members at a military facility. Nurses and nurse practitioners are also welcome as long as they meet those requirements. Occasionally we may have a few seats available for non-DoD attendees such as VA or community clinicians – please contact the POC for availability.

For registration and logistics, please contact MSgt David Garcia at david.j.garcia6.mil@mail.mil or 098-960-3272.

**Cost/Refunds:** Free

**Special Accommodations:**

If you require special accommodations due to a disability, please contact Ms. Kris Hannah at khannah@deploymentpsych.org at least 6 weeks prior to the training so that we may provide you with appropriate service.

## Presenter

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**Kelly Chrestman, PhD**, is a Senior Military Behavioral Health Psychologist at the Center for Deployment Psychology. She provides training, support and consultation in Cognitive Behavioral Therapy and in the Assessment and Treatment of PTSD.

She works with the team at CDP to find new and better ways to link clinicians with both traditional and innovative resources that will help them implement EBPs more effectively. This includes leveraging computer technology and virtual assets to reach professionals that might otherwise have difficulty accessing high quality training and consultation.

Before coming to CDP, she trained at the National Center for PTSD in Boston, and at the University of Pennsylvania with Dr. Edna Foa. She is a Subject Matter Expert in Prolonged Exposure Therapy for PTSD and has trained numerous students and mental health professionals across the world in techniques for treating PTSD and other anxiety disorders. She also spent several years working closely with Native American Tribes where she focused on adapting evidence -based practice to better meet the needs of traditional Native communities.

She is co-author of the Adolescent PE Manual, *Prolonged Exposure Therapy for Adolescents with PTSD*, and has written about community and professional responses to trauma, particularly domestic violence and sexual assault. She is also a co-developer of the Virtual PTSD Learning Center and Operation Avatar, a game based educational experience about trauma and combat-related PTSD, both hosted in the Second Life Virtual World platform.

## Continuing Education

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The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

The Center for Deployment Psychology offers attendees 14 credit hours for participation in this training. Participants attending events in person are required to sign-in at the start of the training and sign-out at the conclusion of the training in order to attain CE credit. Participant attendance data will be collected electronically during webinars. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Ms. Kris Hannah at [khannah@deploymentpsych.org](mailto:khannah@deploymentpsych.org).

The CEs provided by the American Psychological Association are acceptable for most licensed professionals when renewing their license and it is our experience that APA CE credits have been recognized by most professional state license boards. However, please check with your board regarding the acceptability of APA CE credits for this activity.