



Prolonged Exposure Therapy for PTSD

25-26 June 2024

A Live, Interactive Webinar

Description:

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., 2019. It covers the consistent and credible 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. Recorded 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 (Acierno et al., 2017; Benuto et al., 2020; Foa et al., 2019; Kline et al., 2020; Schnurr et al., 2022).

Total CE Credits: 14.0

Total Contact Hours: 14.0

Learning Objectives:

1. Following the training, attendees will be able to:
2. Formulate a rationale for Prolonged Exposure Therapy that builds rapport, improves client motivation, and increases treatment adherence.
3. Demonstrate an effective method of breathing that reduces client arousal and promotes distress tolerance.
4. Design an individualized avoidance hierarchy designed to systematically confront core fears.
5. Use in vivo exposure to block trauma related avoidance.
6. Apply imaginal exposure exercises to reduce the intensity and frequency of PTSD symptoms.
7. Apply specific skills to manage emotional engagement to increase the effectiveness of imaginal exposure.
8. Develop homework assignments that deepen exposure-based learning and further treatment goals.
9. Distinguish “hot spots” in the trauma memory in order to more efficiently reduce the intensity of associated symptoms.
10. Analyze exposure exercises to facilitate new learning and modify client's unhelpful, trauma-based cognitions.
11. Integrate new strategies to revise unhelpful cognitions that promote avoidance and maintain symptoms.



- 12. Evaluate Prolonged Exposure Therapy outcomes using standardized procedures and use assessment data to refine treatment planning.
- 13. Modify exposure techniques in a theoretically consistent manner to improve accessibility and clinical outcomes for specific patients.

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

Instructional Content Level: Intermediate

Agenda:

Day 1

| TOPIC | Start | End |
|--|-------------------------|---------|
| Theoretical and Empirical Support Assessment Preparing for PE | 11:00 AM | 3:00 PM |
| | Includes a 15-min break | |
| LUNCH | 3:00 PM | 4:00 PM |
| Introducing Session #1: Overview of Treatment Rationale for Treatment Importance of Homework Introducing Session #2: Common Reactions to Trauma | 4:00 PM | 7:30 PM |
| | Includes a 15-min break | |

Day 2

| TOPIC | Start | End |
|--|-------------------------|---------|
| Continue with Session #2 - In-Vivo Exposure: 1. Rationale 2. Use of SUDS 3. Construction of hierarchy 4. Assignment of Exposure Exercises Introduce Session #3 - Imaginal Exposure 1. Rationale 2. Imaginal Exposure Procedures | 11:00 AM | 3:00 PM |
| | Includes a 15-min break | |
| LUNCH | 3:00 PM | 4:00 PM |
| Continue with Session #3 Processing Imaginal Exposure Shaping Engagement Hotspot procedures Final session Extending the reach of PE: Special populations & Modifications | 4:00 PM | 7:30 PM |
| | Includes a 15-min break | |

Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits



cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be available for download via the registration system within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:

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.

Association of Social Work Boards Approved Continuing Education Provider Approval:

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 14.0 Live, Interactive Webinar continuing education credits.

New York State Education Department's State Board for Psychology Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

New York State Education Department's State Board for Social Work Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Katie Medina at katie.medina.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: 25-26 June 2024

Time: 11:00 a.m. – 7:30 p.m. Eastern Time

Registration Information: <https://deploymentpsych.org/training>

Registration Deadline: Registration will close one week prior to the start date or when training capacity is met.



Cancellations/Questions: Please contact katie.medina.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Registration Cost/Refunds: This training is free for those with a .mil email address and \$45.00 for all others. Registration fees will be refunded to participants who send a written cancellation via email to katie.medina.ctr@usuhs.edu no less than 2 weeks before the training. No refunds will be made after the training.

Required Materials: The PE manual is a necessary supplement to this training. This manual can be found on many online booksellers websites.

Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experiences - Therapist Guide (Treatments That Work) 2nd Edition by Edna Foa, Elizabeth A. Hembree, Barbara Olasov Rothbaum, Sheila Rauch ISBN-13: 978-0190926939 or ISBN-10: 0190926937

Location Information: Online via Zoom

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System Requirements:

Zoom:

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

Special Accommodations: If you require special accommodations due to a disability, please contact Katie Medina at katie.medina.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Amanda Stanley-Hulsey at amanda.stanley-hulsey.ctr@usuhs.edu.

Instructor Biographies:

Kelly Chrestman, Ph.D., 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.

Jenna Ermold, Ph.D., is a clinical psychologist working as the Assistant Director of Online Training, Technology and Telehealth for the Center for Deployment Psychology at the Uniformed Services University in Bethesda, Maryland. Dr. Ermold oversees the development of online and face-to-face trainings for behavioral health clinicians to improve clinical and cultural competency in working with military members and their families. Dr. Ermold also presents workshops on deployment behavioral health topics for clinicians across the country. She is lead on CDP's monthly webinar series, CDP Presents, and serves as a host on the Center's podcast, Practical for Your Practice. She is a graduate of the Malcolm Grow (USAF) Medical Center Psychology Residency Program and served on active duty as a psychologist in the United States Air Force from 2002 to 2006.

Dr. Ermold graduated from Middlebury College with a degree in psychology and English and received her doctorate in clinical psychology from the University of Vermont. She specializes in military culture, health psychology, behavioral health integration into primary care, post-traumatic stress disorder, prolonged exposure therapy and military psychology.

**There is no commercial support or conflict of interest to report for these presenters.