



Written Exposure Therapy for PTSD

This intensive 1-day workshop provides training in Written Exposure Therapy (WET), an evidence-based treatment for PTSD. It presents the theory underlying WET, a brief overview of WET's empirical support, and step-by-step instructions in the WET protocol techniques. Throughout the workshop strategies for conceptualizing and dealing with co-morbidity, managing avoidance, and keeping patients optimally engaged are provided.

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

Instructional Level: Intermediate

Learning Objectives:

Attendees will be able to:

1. Evaluate barriers to implementing first-line PTSD treatment approaches.
2. Appraise critical elements of written exposure therapy.
3. Analyze the efficacy data for written exposure therapy.
4. Justify situations when it is appropriate to use written exposure therapy.
5. Utilize skills learned to deliver written exposure therapy.



Agenda

Written Exposure Therapy for PTSD

Introduction & PTSD overview	10:00 – 10:45
Development of Written Exposure Therapy	10:45 – 11:45
Break	11:45 – 12:00
Empirical support	12:00 – 1:30
Lunch	1:30 – 2:30
Assessment prior to treatment	2:30 – 3:00
Implementing Written Exposure Therapy	3:00 – 4:45
Break	4:45 – 5:00
Implementing Written Exposure Therapy Cont.	5:00 – 6:00
Managing clinical issues during treatment	6:00 – 6:45
Q&A & Evaluations	6:45 – 7:00



Location Information

Address:

This training will be done online via Zoom Video Communications.

Friday, September 25th, 2020 from 10:00am ET- 7:00pm ET

Participate

Registration Information:

Participants are able to find registration information for this training on the CDP website: <https://deploymentpsych.org/training>. Registration is done through an event management system CE 21.

Cost/Refunds: \$25

Registration fees will be refunded to participants who send a written cancellation via email to jeremy.karp.ctr@usuhs.edu no less than 4 weeks before the training. No refunds will be made after the training.

Special Accommodations:

If you require special accommodations due to a disability, please contact Jeremy Karp (jeremy.karp.ctr@usuhs.edu) 4 weeks prior to the training so that we may provide you with appropriate service.



Presenter

Denise M. Sloan, Ph.D.

Dr. Sloan earned her Ph.D. in clinical psychology from Case Western Reserve University. She is the Associate Director of the Behavioral Science Division, National Center for PTSD and a Professor of Psychiatry at Boston University School of Medicine. She is an expert on psychosocial interventions for traumatic stress disorders and has a specific interest in efficient treatments for PTSD. Dr. Sloan conducted a long line of studies that led to the development of Written Exposure Therapy. Since developing the treatment, she has conducted several studies examining its efficacy. This work has been funded by the National Institute of Mental Health.

Brian Marx, Ph.D.

Dr. Marx is a Professor of Psychiatry at Boston University School of Medicine and Deputy Director of the Behavioral Science Division of the National Center for PTSD at VA Boston Healthcare System. Dr. Marx graduated with Honors in Psychology from Boston University in 1989. He completed his Ph.D. in Clinical Psychology from the University of Mississippi in 1996. Dr. Marx is an expert in behavior therapy, PTSD assessment, and the effects of trauma. He has published over 200 peer reviewed papers and book chapters. His work has been funded by the Department of Veterans Affairs, Department of Defense, and Centers for Disease Control and Prevention. He serves on the editorial board of several scientific journals and has served as a grant reviewer for the National Institute of Mental Health, Department of Defense and Department of Veterans Affairs.

Continuing Education

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 7.5 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. There is a 30-day time limit post-training to complete all CE requirements. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to Jeremy Karp at jeremy.karp.ctr@usuhs.edu.

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.