

# 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., 2019 (2<sup>nd</sup> Edition). 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. There is a 30-day post-training time period to complete CE requirements.

**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

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**DAY ONE**

TIME	TOPIC
0800-1200 <i>(15 minute break)</i>	Theoretical and Empirical Support Assessment Preparing for PE
1200-1300	<b>LUNCH</b>
1300-1630 <i>(15 minute break)</i>	Introducing Session #1: Overview of Treatment Rationale for Treatment Importance of Homework Introducing Session #2: Common Reactions to Trauma

*\*\* Regular breaks will be assigned as indicated*

**DAY TWO**

TIME	TOPIC
0800-1200 <i>(15 minute break)</i>	Continue with Session #2 - In-Vivo Exposure: <ol style="list-style-type: none"> <li>1. Rationale</li> <li>2. Use of SUDS</li> <li>3. Construction of hierarchy</li> <li>4. Assignment of Exposure Exercises</li> </ol> Introduce Session #3 - Imaginal Exposure <ol style="list-style-type: none"> <li>1. Rationale</li> <li>2. Imaginal Exposure Procedures</li> </ol>
1200-1300	<b>LUNCH</b>
1300-1630 <i>(15 minute break)</i>	Continue with Session #3 Processing Imaginal Exposure Shaping Engagement Hotspot procedures Final session Extending the reach of PE: Special populations & Modifications

*\*\* Regular breaks will be assigned as indicated*

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## Location Information

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**Address:**

Via Zoom webinar for Ft. Belvoir, VA

**Date:**

3-4 June 2021 from 0800-1630 Eastern time

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## 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. Non-DoD seats will not be available for this training. For registration and logistics, please contact Ms. Mary Liesenberg at [mary.c.liesenberg.civ@mail.mil](mailto:mary.c.liesenberg.civ@mail.mil).

**Cost/Refunds:** Free (\*PE manual must be purchased separately prior to training\*)

**Special Accommodations:**

If you require special accommodations due to a disability, please contact Ms. Kris Hannah at [kristin.hannah.ctr@usuhs.edu](mailto:kristin.hannah.ctr@usuhs.edu) at least 3 weeks prior to the training so that we may provide you with appropriate service.

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## Presenters

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**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.

**Kevin M. Holloway, Ph.D.**, is a licensed clinical psychologist working as Director, Training and Education at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. In this capacity, he leads a team of subject matter experts and support staff to develop and present workshops across the world to military and civilian audiences on topics in deployment behavioral health and evidence-based therapies for Posttraumatic Stress Disorder (PTSD). Additionally, he leads a team of mental health subject matter experts and technology experts to develop and disseminate technology solutions to improve access to and quality of professional training.

Dr. Holloway received his Ph.D. in clinical psychology from Brigham Young University in 2004, and completed his doctoral internship at the Portland, Oregon Veterans Administration hospital. Prior to joining CDP, Dr. Holloway worked at the Department of Defense's National Center for Telehealth and Technology, where he led the Center's Virtual Worlds Program which explored the use of shared virtual environments for immersive, interactive patient education, provider training, and telemental health applications. The program was recognized as a Computerworld Honors Laureate in 2012 for the T2 Virtual PTSD Experience. Dr. Holloway also led or contributed to projects investigating virtual reality exposure (VRE) therapy to treat PTSD, training providers in using VRE, gaming motivation for health applications, and video conferencing for telemental health.

Earlier in his career, Dr. Holloway was a staff psychologist at Madigan Army Medical Center, providing care to active-duty soldiers with an emphasis on combat-related PTSD and other anxiety disorders.

## 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. 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 Ms. Kris Hannah at [kristin.hannah.ctr@usuhs.edu](mailto:kristin.hannah.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.