



Prolonged Exposure (PE) Therapy for PTSD

This Center for Deployment Psychology (CDP) 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 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.

Instructional Level: Intermediate

Learning Objectives:

Following the training, providers 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.

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Agenda

Day 1

1. Introduction and course overview
2. Body of evidence
3. Theoretical assumptions
4. Who is appropriate for PE?
5. What does a PE therapist do?
6. Session 1: Introducing the treatment
 - a. Overall treatment rationale
 - b. Index trauma/Trauma interview
 - c. Relaxed breathing
7. Session 2: Common reactions/Introducing in vivo exposure[Time permitting]
 - a. Common reactions discussion
 - b. Rationale for in vivo exposure
 - c. Generating in vivo targets
 - d. Developing the SUDS rating scale
 - e. Refining the in vivo hierarchy
 - f. Preparing the client for their first in vivo exposure

Day 2

1. Session 3: Introducing imaginal exposure.
 - a. Rationale for imaginal exposure
 - b. Implementing imaginal exposure
 - c. Processing
2. Sessions 4-5: Shaping engagement
 - a. Under-engagement
 - b. Over-engagement
 - c. Anger
3. Assessing progress to improve outcome
4. Session 6-7: Introducing hotspots
 - a. Rationale for hotspots
 - b. Identification of hotspots
 - c. Exposure and processing
5. Final Session
 - a. Discontinuing PE: When is PE "done"?
 - b. Final session summary
 - c. Relapse prevention
6. Improving the accessibility of PE

One hour for lunch and two 15-minute breaks each day

9:00 AM - 5:30 minus 1.5 hours = 7 hours per day
Wednesday, October 28th, 2020 from 9:00am ET- 5:30pm ET
Thursday, October 29th, 2020 from 9:00am ET- 5:30pm ET



Location Information

This training will be held online via **Zoom Video Communications**.

Tuesday, Oct 28th, 2020 from 0900am ET - 1730pm ET

Wednesday, Oct 29th, 2020 from 0900am ET - 1730pm 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.

Direct registration link:

<https://deploymentpsych.ce21.com/item/prolonged-exposure-pe-therapy-ptsd-62761>

Cost/Refunds: Price: \$45

Registration fees will be refunded to participants who send a written cancellation via email to aric.bowie.ctr@usuhs.edu, or christopher.adams.ctr@usuhs.edu. If cancelled by October 13th, 2020, registrants can receive a full refund. If cancelled by October 19th, 2020, registrants can receive a partial refund for \$22.50. Refunds will not be available for cancellations after 5:00 PM EST, October 19th, 2020.

Special Accommodations:

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



Presenters

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.

Jenna Ermold, Ph.D., is a clinical psychologist working as the Assistant Director of Training and Education 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 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.

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 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 aric.bowie.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.