



# **Prolonged Exposure Therapy Workshop**

May 7-8, 2024

A Live, Interactive Webinar

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## **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

Total Contact Hours: 14

## **Learning Objectives:**

Following the training, attendees will be able to:

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



cognitions.

10. Integrate new strategies to revise unhelpful cognitions that promote avoidance and maintain symptoms.

11. Evaluate Prolonged Exposure Therapy outcomes using standardized procedures and use assessment data to refine treatment planning.

12. 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 ONE**

TIME	TOPIC
0900-1300 <i>(15 minute break)</i>	Theoretical and Empirical Support Assessment Preparing for PE
1300-1400	<b>LUNCH</b>
1400-1730 <i>(15 minute break)</i>	Introducing Session #1: Overview of Treatment Rationale for Treatment Importance of Homework Introducing Session #2: Common Reactions to Trauma

**DAY TWO**

TIME	TOPIC
0900-1300 <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>
1300-1400	<b>LUNCH</b>



1400-1730 <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
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*\*\* Regular breaks will be assigned as indicated*

**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 to download on CE21 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 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 Jeremy Karp at [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu)



## **Participate:**

**Online Platform:** Zoom

**Date:** 5/7-8/2024

**Time:** 9:00 am – 5:30 pm Eastern

**Registration Information:** Registration is done through event management system CE21, links will be provided to prospective attendees.

**Registration Deadline:** Registration for this training closes one week prior to the training date.

**Cancellations/Questions:** Please contact [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu) if you have any questions or need to cancel your registration.

**Registration Cost/Refunds:** The cost of this training is \$45.

Registration fees will be refunded to participants who send a written cancellation via email to [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.ctr@usuhs.edu) no less than 2 weeks before the training. No refunds will be made after the training.

**Location Information:** This training will be held in Zoom, Zoom links will be accessible on CE21.

**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 Jeremy Karp at [jeremy.karp.ctr@usuhs.edu](mailto:jeremy.karp.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, Ms. Amanda Stanley-Hulsey, via email at [amanda.stanley-hulsey.ctr@usuhs.edu](mailto: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.

**Paula Domenici, Ph.D.**, is one of the Directors of Training and Education at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences (USUHS) in Bethesda, Maryland. She manages and implements CDP training programs for enhancing mental health providers' knowledge of military culture and evidence-based treatments to help address the unique needs of military members, veterans and their families. This includes helping to oversee Star Behavioral Health Providers (SBHP), a training and referral program developed with the Military Family Research Institute at Purdue University, that is expanding Army and Air National Guard members' access to behavioral health care from trained civilian providers across the country. She also presents workshops to clinicians on military-related behavioral health topics. Dr. Domenici specializes in trauma and the treatment of PTSD using Prolonged Exposure Therapy. When she first joined CDP in 2006, she worked at the National Naval Medical Center in Bethesda, Maryland in the outpatient clinic and inpatient casualty care unit. Earlier in her career, she was an APA Congressional Fellow in Washington, DC, as well as a Staff Psychologist at the San Francisco VA Medical Center in California.

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