Prolonged Exposure Therapy for PTSD

26-27 February 2025

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. 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 (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:

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.
4. Apply imaginal exposure exercises to reduce the intensity and frequency of PTSD symptoms.
5. Apply specific skills to manage emotional engagement to increase the effectiveness of imaginal exposure.
6. Develop homework assignments that deepen exposure-based learning and further treatment goals.
7. Distinguish "hot spots" in the trauma memory in order to more efficiently reduce the intensity of associated symptoms.
8. Analyze exposure exercises to facilitate new learning and modify client's unhelpful, trauma-based cognitions.
9. 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:

Eastern Time
(Please note the correct time for your respective time zone)

Day 1

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

Day 2

TIME	TOPIC

0900-1300 *(15minute break)*	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

1300-1400	**LUNCH**

1400-1730 *(15minute break)*	Continue with Session #3 Processing Imaginal Exposure Shaping Engagement Hotspot Procedures Final Session Extending the Reach of PE: Special Populations & Modifications Wrap-Up

** 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 emailed 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 SBHP Support at sbhpsupportggg@usuhs.edu.

Participate:

Online Platform: Zoom
Date: 26-27 February 2025
Time: 9:00 am – 5:30 pm Eastern
Please note the correct time for your respective time zone

Attendance Requirements: Attendees MUST log into the training via an individual connection rather than as a group using one computer/device. Attendance on both days in their entirety is required to receive CE credits and tier completion. Partial credit cannot be issued.

Required Materials: PE Therapist Manual and Working Microphone:

1. **PE Therapist Manual:**
   Participants are responsible for acquiring a copy of the required manual for this workshop, *Prolonged Exposure Therapy for PTSD, Emotional Processing of Traumatic Experiences Therapist Guide, 2nd edition*, by Foa, Hembree, Rothbaum, and Rauch (2019), Oxford University Press, **[ISBN-13: 978- 0190926939**]. It is available in print and electronic versions and may be purchased from a number of vendors.

2. **Microphone:**
   A **functioning microphone is MANDATORY** to attend, in order to participate in the role-play sessions. Headphones are **HIGHLY** recommended to provide the optimal experience. Note: cameras are not required. Please see the above attendance requirement.

Registration Information: https://starproviders.org/providers-home/

Registration Deadline: Registration will close one business day before the training begins or when registration capacity has been reached.

Cancellations/Questions: Please contact SBHP Support at sbhpsupport-ggg@usuhs.edu if you have any questions or need to cancel your registration

Registration Cost/Refunds: Free

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

Participants will not have to install any additional programs on their computer to take part. However, a web browser is necessary (Mac users: Chrome or Firefox is recommended to minimize tech issues). Participant's may test their computer's Zoom capabilities by visiting http://zoom.us/test. We **recommend all participants test their ability to load Zoom in advance of the training event** to ensure there are no technical difficulties the morning of the event.

Special Accommodations: If you require special accommodation due to a disability, please contact Ms. Chris Myers at christina.myers.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

Instructor Biographies:

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.

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.

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