



## **Online Tier Three (PE) March 16-17, 2021**

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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: Emotional Processing of Traumatic Experiences – Therapist Guide*, Second Edition 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:**

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.



**Star Behavioral Health Providers  
Tier Three (PE) Training  
16-17 March 2021**

**Agenda**

**DAY ONE**

- 0900-1130** Theory & research behind PE  
**1130-1300** Overview of sessions 1-10  
Establishing the therapeutic alliance Session #1 – Overall Rationale
- 1300-1400** LUNCH
- 1400-1530** Show DVD of Overall Rationale to demonstrate key points  
Break into dyads/triads to practice giving Overall Rationale  
Breathing training exercise Introduce  
Session #2 - Discuss common reactions to trauma
- 1530-1730** Continue with Session #2 - Review In-Vivo Exposure:  
• Rationale  
• Use of SUDS  
• Construction of hierarchy  
• Safety guidelines  
Assignment of homework

**DAY TWO**

- 0900-1130** Show DVD of In-Vivo exposure to demonstrate key points  
Break into dyads/triads to practice constructing In-Vivo hierarchy
- 1130-1300** Introduce Session #3 - Imaginal Exposure:  
• Rationale Procedures  
Assignment of homework
- 1300-1400** LUNCH
- 1400-1530** Show DVD of Imaginal Exposure to demonstrate key points  
Break into dyads/triads to practice doing Imaginal Exposure
- 1530-1730** Hotspot procedures and final session  
Show DVD of final session: Difficult Patient Issues and Practical  
Barriers: Modifications to PE Wrap-up



## **Location Information**

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**Location Platform: Zoom**

**Date:** 16-17 March 2021

**Time:** 9:00am – 5:30pm Eastern

## **Participate**

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**Registration Information:**

<https://militaryfamily.secure.force.com/Tier3RegistrationForm?sState=Online>

**Cost/Refunds:** Free

**Special Accommodations:** If you require special accommodations due to a disability, please contact Katie Medina at [katie.medina.ctr@usuhs.edu](mailto:katie.medina.ctr@usuhs.edu) 4 weeks prior to the training so that we may provide you with appropriate service.

**Required Materials:** Participants are required to obtain a copy of the manual *Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experiences – Therapist Guide*, Second Edition by Foa, Hembree, Rothbaum, & Rauch. (2019). Print ISBN-13: 9780190926939. It is available directly from the publisher, Oxford University Press, or from various booksellers.

**Note:** A functioning microphone is also **MANDATORY** to attend this training, to allow for participation in role-play sessions.



## **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.

**Paula Domenici, Ph.D.**, is Director of Training Education at the Center for Deployment Psychology (CDP) at the Uniformed Services University of the Health Sciences in Bethesda, Maryland. She oversees the development of courses and training programs for providers on evidence-based treatments for Service members and Veterans. She also presents workshops on deployment behavioral health topics for clinicians across the country. Dr. Domenici specializes in trauma and the treatment of PTSD using Prolonged Exposure Therapy (PE). When she first joined CDP in 2006, she worked at the National Naval Medical Center in the outpatient clinic and inpatient casualty care unit. Earlier in her career, she was APA Congressional Fellow as well as a Staff Psychologist at the San Francisco VA Medical Center. She has co-authored two self-help books for troops returning from Iraq and Afghanistan and their families including parents whose sons or daughters have served.



## **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 Katie Medina at [katie.medina.ctr@usuhs.edu](mailto:katie.medina.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.