



# **Prolonged Exposure Therapy for PTSD**

May 29-30, 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. 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.
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:**

**Eastern Time**

*(Please note the correct time for your respective time zone)*

**Day 1**

TIME	TOPIC
1100-1500 <i>(15 minute break)</i>	Theoretical and Empirical Support Assessment Preparing for PE
1500-1600	<b>LUNCH</b>
1600-1930 <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 2**

TIME	TOPIC
1100-1500 <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>
1500-1600	<b>LUNCH</b>
1600-1930 <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 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 [sbhpsupport-ggg@usuhs.edu](mailto:sbhpsupport-ggg@usuhs.edu).

### **Participate:**

**Online Platform:** Zoom

**Date:** May 29-30, 2024



**Time:** 11:00 am – 7:30 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](mailto: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 accommodations due to a disability, please contact Ms. Chris Myers at [christina.myers.ctr@usuhs.edu](mailto: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 Milochik, via email at [Amanda.milochik.ctr@usuhs.edu](mailto:Amanda.milochik.ctr@usuhs.edu).

### **Instructor Biographies:**

**Kevin Holloway, Ph.D.**, is a licensed clinical psychologist working as Director, Online Training, Technology, and Telehealth (OT3) at the Center for Deployment Psychology (CDP) and Assistant Professor of Medical and Clinical Psychology 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. This team was recognized as Gold Medal winners in the International Serious Play Awards 2019 for Operation AVATAR and Bronze Medal winners in the International Serious Play Awards 2020 for Build a Bedroom, both interactive provider training environments in Second Life.

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 teleconferencing 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.

**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.