



Prolonged Exposure Therapy (PE) For PTSD

May 25-26, 2022

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 (2nd Edition). 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.

Total Credits: 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

1100-1500 **(15 minute break)**

Assessment

Preparing for PE

1500-1600 LUNCH

1600-1930 **(15 minute break)**

Introducing Session #1: Overview of Treatment

Rationale for Treatment

Importance of Homework

Introducing Session #2: Common Reactions to Trauma

DAY TWO

1100-1500 **(15 minute break)**

Continue with Session #2 - In-Vivo Exposure:

Rationale

Use of SUDS

Construction of hierarchy



Assignment of Exposure Exercises

Introduce Session #3 - Imaginal Exposure

Rationale

Imaginal Exposure Procedures

1500-1600 LUNCH

1600-1930 **(15 minute break)**

Continue with Session #3

Processing Imaginal Exposure

Shaping Engagement

Hotspot procedures

Final session

Extending the reach of PE: Special populations & Modifications

**** Regular breaks will be assigned as indicated**

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

*Please note that agenda times are approximate and subject to change, depending on the needs of the workshop.

OUT-OF-TRAINING PRACTICE: Visit "The PTSD Experience" in Second Life, hosted by Center for Deployment Psychology

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 social work CE credits. For psychology CE credits, completion of the evaluation is strongly encouraged. If you do not wish to complete the evaluation but desire to receive psychology CEs please contact



the 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 for download from 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: 5/19/2022 - 5/19/2025. Social workers completing this course receive 14 Live, Interactive Webinar continuing education credits.

Inquiries regarding CE credits may be directed via email to Aric Bowie at aric.bowie.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: May 25-26, 2022

Time: 11:00am – 7:30 pm Eastern

Registration Information: Registration is done through event management system CE21, and the link will be provided to prospective attendees via the CDP website (<https://deploymentpsych.ce21.com/item/prolonged-exposure-therapy-ptsd-96742>).

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

Cancellations/Questions: Please contact aric.bowie.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Registration Cost/Refunds: \$45

Location Information: Training will be held via Zoom.

Please arrive within 30 minutes prior to the beginning of the training to complete all registration forms and sign-in documents.

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

Required Materials:

PE Manual: The PE manual is a necessary supplement to this training.

Prolonged Exposure Therapy for PTSD – Therapist Guide, by Edna Foa, Elizabeth Hembree, and Barbara Olaslov Rothbaum (2007)



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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 Aric Bowie at aric.bowie.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.

Instructor Biographies:

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.

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.

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 courses and training programs for enhancing behavioral health providers' and trainees' knowledge of military culture and evidence-based treatments to help address the unique needs of service members and veterans. She also presents workshops to clinicians across the country on military psychology including deployment-related topics. 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 an APA Congressional Fellow as well as a Staff Psychologist at the San Francisco VA Medical Center.

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