



Prolonged Exposure Workshop

Training Description

Target Audience: Mental health providers who treat military personnel and veterans with PTSD

Instructional Level: Introductory

The STRONG STAR Training Initiative offers a two-day workshop in Prolonged Exposure Therapy (PE). PE for PTSD is one of the most effective treatments for PTSD, with the largest empirical data over the past few decades. There are four main treatment components in PE: 1) Repeated in vivo exposure to situations the client is avoiding because of trauma-related fear; 2) Prolonged (repeated) revisiting of the trauma memories followed by processing where the therapist and client discuss the traumatic experience and consider and related unhelpful, erroneous thoughts; 3) Education about common reactions to trauma; and 4) Breathing retraining, i.e., teaching the client how to breath in a calm way.

Learning Community Objectives

Providers will be able to:

- Describe the theory and empirical research underlying PE
- Administer assessment and outcome measures to patients
- Identify appropriate cases for PE through interview and self-report methods
- Present the overview and treatment rationale of PE to patients to increase therapy buy-in
- Implement techniques for facilitating a therapeutic alliance between provider and patient
- Conduct a trauma interview to gather information about the patient's trauma history and identify an index trauma
- Identify the common reactions to trauma in order to validate patients' experiences and symptoms in the context of PTSD
- Guide patients through in-vivo exposure and creation of an in-vivo hierarchy
- Guide patients through imaginal exposure and processing imaginal exposure
- Implement techniques to address a patients' anger, guilty, and shame
- Assist patients in identifying and working through distressing "hotspot" memories
- Identify and address factors that impair effective emotional engagement in PE
- Identify risk factors for secondary traumatic stress and implement strategies to improve therapist self-care
- Implement strategies to facilitate patients' homework compliance



Primary Goal

After completion of this training, mental health providers will be able to implement PE effectively.

PE Manual

Purchase of the PE manual is a necessary supplement to the training and it is available online via Amazon.com, Oxford University Press, or other book stores:

[Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experiences Therapist Guide](#), Authors: Edna Foa, Elizabeth Hembree, and Barbara Rothbaum

ISBN-13: 978-0195308501

ISBN-10: 0195308506

Presenter



Brooke Fina, LCSW, BCD
Director of Training, PE Trainer & Consultant

Brooke A. Fina, LCSW, BCD is an Associate Professor and a Licensed Clinical Social Worker. Ms. Fina is Board Certified in Clinical Social Work by the American Board of Examiners in Clinical Social Work. She serves as the Suicide Risk Advisor for the STRONG STAR Consortium and Consortium to Alleviate PTSD. She specializes in Prolonged Exposure (PE) for combat-related PTSD, and is a Master Clinician and Clinical Supervisor in PE.



Agenda

Day 1

8:00 am – 8:30 am	Registration
8:30 am – 9:30 am	Prolonged Exposure Therapy for PTSD: Theoretical Account of PTSD, Emotional Processing Theory, Safety, Acceptability, Comorbidity
9:30 am – 9:45 am	Assessment of PTSD and trauma-related symptoms prior and during treatment
9:45 am – 10:15 am	Preparation for PE: Enhancing Motivation, Overview of PE Session Structure
10:15 am – 10:30 am	Break
10:30 am – 11:15 am	Session 1: Overall Rationale
11:15 am – 12:00 pm	Breakout session: Role Plays of the Overall Rationale
12:00 pm – 1:00 pm	Lunch
1:00 pm – 1:30 pm	Session 1: Trauma Interview and Breathing Retraining
1:30 pm – 3:00 pm	Session 2: Common Reactions, In Vivo Exposure
3:00pm – 3:15 pm	Break
3:15 pm – 3:45 pm	Breakout session: Role Plays of In Vivo Rational
3:45 pm – 5:00 pm	Session 3: Imaginal Exposure Rationale and Implementation

Day 2

8:00 am – 9:30 am	Session 3: Video Example, Processing
9:30 am – 10:00 am	Breakout Session: Role Plays of Imaginal Exposure
10:00 am – 10:15 am	Break
10:15 am – 10:45 am	Sessions 4 & 5
10:45 am – 11:15 am	Sessions 6 – 9: Hot Spots, Video Example of Hot Spots
11:15 am – 12:00 pm	Session 10: Final Session, Video Example of final session
12:00 pm – 1:00 pm	Lunch
1:00 pm – 2:00 pm	Avoidance: Video Examples
2:00 pm – 3:00 pm	Underengagement in PE: Video Examples
3:00 pm – 3:15 pm	Break
3:15 pm – 4:00 pm	Overengagement in PE: Video Examples
4:00 pm – 4:15 pm	Therapist Self Care
4:15 pm – 4:30 pm	Maintaining Focus on PTSD, Homework Compliance
4:30 pm – 5:00 pm	Q&A, complete evaluations



Participate

Scholarship (Veteran-serving) Rate: \$300

Through the generosity of the Bob Woodruff Foundation, the STRONG STAR Training Initiative is able to offer partial scholarship program for mental health providers who are treating military personnel and veterans.

The use of audio or video taping devices is not permitted at any training. We reserve the right to cancel the training and content at our sole discretion.

Cancellation and Refunds

Registration fees will be refunded to participants who send a written cancellation via email to training@strongstar.org no less than 48 hours before the training. No refunds will be made after the training. A colleague may be substituted for no extra charge if STRONG STAR is notified at least two business days before the training.

Seat Availability

The number of seats for our Learning Communities are limited by the physical training space for the event. Please complete your application at your earliest convenience, as we will not guarantee a seat for you until we have received your registration payment.

Special Accommodations

If you require special accommodations due to a disability, please contact STRONG STAR at training@strongstar.org one week prior to the training so that we may provide you with appropriate service.

Location Information

Hosted By: UT Health Science Center, San Antonio

Address:

Henry B. González Convention Center

900 E. Market St.

San Antonio, TX 78205

Monday, October 21st, 2019 and Tuesday, October 22nd, 2019



Continuing Education

The University of Texas Health Science Center at San Antonio is approved by the American Psychological Association to sponsor continuing education for psychologists. The University of Texas Health Science Center at San Antonio maintains responsibility for this program and its content.

The STRONG STAR Training Initiative offers attendees 15 credit hours for participation in the 2-day in-person training. Signing in at the start of the PE training and out at the conclusion of the day, for both days, is required in order to attain CE credit. Partial credits cannot be issued. Inquiries regarding CE may be directed via email to training@strongstar.org.

The CE credits provided by American Psychological Association are acceptable CE credits for most licensed professions when licensees renew their license. It is our experience that CE credits have been recognized by most professional state license boards. Please check with your board regarding the acceptability of the CE credit.