



## Prolonged Exposure Workshop Training Description

---

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

**Instructional Level:** Introductory

**Course Description:** 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 Objectives:**

At the end of this course, participants will be able to:

1. Discuss current and foundational research that evaluates the empirical support for PE as an effective treatment for posttraumatic stress disorder (PTSD).
2. Identify appropriate cases for PE based on thorough trauma interview to assess information about the patient's trauma history.
3. Describe the treatment rationale for PE to patients.
4. Select, administer, analyze, and incorporate findings of at least 2 assessment/treatment outcome measures.
5. Explain the diagnostic criteria for PTSD according to the DSM-5
6. Collaborate with patients to identify and create in-vivo exposure plans and an in-vivo hierarchy.
7. Demonstrate and analyze imaginal exposure practices with PE patients.

8. Identify 2 techniques to address a patient's anger, guilt, and shame in the context of PE treatment.
9. Identify and address 2 factors that impair effective emotional engagement in PE.
10. Identify 2 risk factors for secondary traumatic stress and implement strategies to improve therapist self-care

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

**Date and Time:** Thursday and Friday April 27-28, 2023, from 9 a.m. to 5:00 p.m. CST.

**Duration:** 2-day workshop

**Where:** Zoom

**Training Cost:** \$300 for eligible providers

---

## PE Manual

The PE manual 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 (Treatments That Work) 2nd Edition

Authors: Edna Foa, Elizabeth Hembree, Barbara Rothbaum, and Sheila Rauch

**ISBN-13:** 978-0190926939

**ISBN-10:** 0190926937

---

## Meet the 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.

# Prolonged Exposure for PTSD 2-Day Workshop

## AGENDA

Please note Agenda time is based on **Central Standard Time Zone**

<b>Day 1</b>	
9:00 am – 9:45 am	Prolonged Exposure Therapy for PTSD <ul style="list-style-type: none"> <li>Theoretical Account of PTSD: Emotional Processing Theory</li> </ul>
9:45 am – 10:30 am	Preparation for PE <ul style="list-style-type: none"> <li>Assessment of PTSD and trauma-related symptoms prior and during treatment</li> <li>Safety, Acceptability, Comorbidity</li> </ul>
<b>10:30 – 10:45 am</b>	<b>Break</b>
10:45 – 11:15 am	<ul style="list-style-type: none"> <li>Enhancing Motivation</li> <li>Overview of PE Session Structure</li> </ul>
11:15 am – 12:00 pm	Session 1: Overall Rationale <ul style="list-style-type: none"> <li>Video Example</li> </ul>
<b>12:00 pm – 1:00 pm</b>	<b>Lunch</b>
1:00 pm – 1:30 pm	Breakout session: Role Plays of the Overall Rationale
1:30 pm – 1:45 pm	Session 1: Trauma Interview and Breathing Retraining
1:45 pm – 3:00 pm	Session 2: Common Reactions/In Vivo Exposure <ul style="list-style-type: none"> <li>Video Example</li> </ul>
<b>3:00 pm – 3:15 pm</b>	<b>Break</b>
3:15 pm – 4:00 pm	Breakout session: Role Plays of In Vivo Rationale & Building In Vivo Hierarchy
4:00 pm – 5:00 pm	Session 3: Imaginal Exposure Rationale and Implementation

# Prolonged Exposure for PTSD 2-Day Workshop

## AGENDA

Please note Agenda time is based on **Central Standard Time Zone**

<b>Day 2</b>	
9:00 am – 10:00 am	Session 3: Video Example
10:00 am – 10:45 am	Processing
<b>10:45 am – 11:00 am</b>	<b>Break</b>
11:00 am – 11:45 am	Breakout Session: Session 3 Role Plays of Imaginal Exposure
11:45 am – 12:00 pm	Sessions: 4 –5
12:00 pm – 12:30 pm	Sessions: 6 – 9: Hot Spots/ <ul style="list-style-type: none"> <li>• Video Example</li> </ul>
<b>12:30 pm – 1:30 pm</b>	<b>Lunch</b>
1:30 am – 2:00 pm	Session 10: Final Session <ul style="list-style-type: none"> <li>• Video Example</li> </ul>
2:00 pm – 3:00 pm	Avoidance <ul style="list-style-type: none"> <li>• Video Example</li> </ul>
<b>3:00 pm – 3:15 pm</b>	<b>Break</b>
3:15pm–3:45pm	Under engagement in PE <ul style="list-style-type: none"> <li>• Video Example</li> </ul>
3:45pm–4:15pm	Over engagement in PE <ul style="list-style-type: none"> <li>• Video Example</li> </ul>
4:15 pm – 4:30 pm	Therapist Self Care
4:30 pm – 4:45 pm	Maintaining Focus on PTSD, Homework Compliance
4:45 pm – 5:00 pm	Q&A, complete evaluations

---

## Special Accommodations

If you require special accommodations due to a disability, please contact the STRONG STAR Training Initiative at [admin@strongstartraining.org](mailto:admin@strongstartraining.org) one week prior to the workshop so that we may provide you with appropriate service.

---

## Continuing Education

The STRONG STAR Training Initiative offers attendees **13 Continuing Education (CE) Credits for participating in the 2-day training**. Participants who attend are eligible to receive 13 CE Credits. To obtain CE Credits, attendees must sign in at the start of the course and sign out after its conclusion. Inquiries regarding CE may be directed via email to [admin@strongstartraining.org](mailto:admin@strongstartraining.org).

Our continuing education credits have historically been recognized by most professional state licensing boards. However, this is not guaranteed. Please check with your licensing board for verification.

This program is Approved by the National Association of Social Workers (Approval # 886886336-8837) for 13 continuing education contact hours.

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

---

## Cancellation, Substitutions, and Refunds

Registration fees, minus a \$50 service charge, will be refunded to participants who send a written cancellation via email to [admin@strongstartraining.org](mailto:admin@strongstartraining.org) postmarked no less than 15 days before the training. No refunds will be made thereafter. A colleague may be substituted for no extra charge if STRONG STAR Training Initiative is notified at least two business days before the training. Alternative, you may choose to reschedule to a future Learning Community with no additional cost.

*For additional information, please contact the STRONG STAR Training Initiative at [admin@strongstartraining.org](mailto:admin@strongstartraining.org).*