



## Monthly Webinar Series

# PE and CPT Start-Up Tips: Sticking to the Protocol, Increasing Homework Compliance, Managing Crisis

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**Target Audience:** Behavioral health providers who are treating clients with PTSD by implementing Prolonged Exposure Therapy (PE) or Cognitive Processing Therapy (CPT).

**Instructional Level:** Introductory

**Course Description:** Presented by Kristi Pruiksma, PhD, the purpose of this course is to provide mental health professionals who provide care to veterans and their families with tips for starting Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE) sessions. Providers will learn the structure and goals of CPT sessions and how to prepare for them. Additionally, this course will teach providers techniques for increasing patients homework compliance and how to manage crises.

### Learning Objectives:

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

1. Identify considerations for when to stick to the protocol or when to adjust the session content.
2. Implement techniques for increasing patient compliance for practice assignments.
3. Identify patient crises and manage crises through sessions on protocol or off-protocol.

**Date and Time:** Thursday, August 5 at 1:00 p.m. CST/ 2:00 p.m. EST

**Duration:** 1-hour

**Where:** Zoom

**Cost:** There is no additional cost to attend this course for providers who are already enrolled in the STRONG STAR Training Initiative.

## Meet the Presenter

### ***Kristi Pruiksma, PhD, CPT, Cognitive and Behavioral Therapy for Insomnia and Nightmares Consultant***

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**Kristi Pruiksma, PhD**, is a licensed clinical psychologist and Associate Professor within the Division of Behavioral Medicine, Department of Psychiatry and Behavioral Sciences, and School of Medicine at the University of Texas Health Science Center at San Antonio. Her research and clinical interests center on optimal evidence-based approaches for treating co-occurring posttraumatic stress disorder (PTSD) and sleep disturbances, particularly among active duty military personnel. Dr. Pruiksma specializes in Cognitive Behavioral Therapy for insomnia (CBT-I), Cognitive Behavior Therapy for Nightmare Disorder (CBT-N) and Cognitive Processing Therapy (CPT) for PTSD. She currently

serves as a consultant to providers learning CPT for the STRONG STAR Training Initiative and as an investigator, research therapist, trainer, and supervisor with the STRONG STAR Consortium.

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## Special Accommodations

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

## Location Information

This course will be held live via Zoom on Thursday, August 5, 2021 at 1:00 p.m. CST/ 2:00 p.m. EST. The webinar will be recorded and uploaded to the STRONG STAR Training Initiative Provider Portal at <https://www.strongstartraining.org/providers/>.

## Continuing Education

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The STRONG STAR Training Initiative offers attendees 1 credit hour for participation in this 1-hour course. To obtain CE credit, 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.

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.