



Monthly Webinar Series

The Role of Emotions – Reducing Posttraumatic Emotional Numbing Using CPT and PE

Target Audience: Mental health providers trained in CPT and PE

Instructional Level: Intermediate

Course Description: Presented by Vanessa Jacoby, PhD, ABPP, Assistant Professor within the Psychiatry and Behavioral Sciences at The University of Texas Health Science Center at San Antonio, the purpose of this course is to educate mental health professionals about addressing posttraumatic numbing symptoms while using Cognitive Processing Therapy or Prolonged Exposure for PTSD. Numbing symptoms are expected as a part of PTSD and like other forms of avoidance, there are times they can interfere with treatment and psychosocial functioning. This webinar will address how to engage patients to reduce numbing symptoms both during treatment sessions, and as a collaborative treatment goal.

Learning Objectives:

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

1. Explain how emotional numbing symptoms can impede PTSD recovery and interfere with the treatment process.
2. Collaboratively identify patient centered goals related to reducing posttraumatic emotional numbing.
3. Identify strategies for reducing emotional numbing using Cognitive Processing Therapy and Prolonged Exposure Therapy techniques.

Date and Time: Wednesday, January 12 at 1pm CT/ 2pm ET

Duration: 1-hour

Where: Zoom (*closed captioning available*)

Cost: No cost

Meet the Presenter

Vanessa M. Jacoby, PhD, ABPP



Vanessa M. Jacoby, PhD, ABPP, is an Assistant Professor within the Department of Psychiatry and Behavioral Sciences at The University of Texas Health Science Center at San Antonio, a Licensed Clinical Psychologist, and Board Certified in Behavioral and Cognitive Psychology. Dr. Jacoby is the program director for the Strong Families Support and Prevention Program on Ft. Hood, which provides prevention services and evidence-based PTSD treatment to military parents with a focus on improving whole family relationships. Her research interests are in the developmental trajectory and improvement of treatments for PTSD and other trauma-related disorders. She specializes in Cognitive Processing Therapy (CPT) for PTSD and Prolonged Exposure (PE) for PTSD. Additionally, Dr. Jacoby has worked with trauma-exposed children and whole families utilizing Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).

Special Accommodations

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

Location Information

This course will be held live via Zoom on **Wednesday, January 12, 2022 at 1pm CT/ 2pm ET**. The webinar will be recorded and uploaded to the STRONG STAR Training Initiative Provider Portal at <https://www.strongstartraining.org/providers/>.

Continuing Education

The STRONG STAR Training Initiative offers attendees 1 Continuing Education (CE) Credit for participation in this 1-hour course. Participants who attend are eligible to receive 1 CE Credit. 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.

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.