



## Monthly Webinar Series

# Including Family in PTSD Treatment

---

**Target Audience:** Mental Health Providers

**Instructional Level:** Advanced

**Course Description:** Presented by Vanessa Jacoby, PhD, CPT & PE Consultant, the purpose of this course is to educate mental health professionals, including family members, in evidence-based treatment for Posttraumatic Stress Disorder (PTSD). The course will discuss best practices for conducting a family session with a significant other and/or children. The course will also discuss how to utilize family involvement to increase treatment engagement and overall outcomes.

**Learning Objectives:**

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

1. Identify goals of conducting a family session.
2. Implement psychoeducation about PTSD and PTSD Treatment with family members to support the individual, and engagement in evidence-based treatment for PTSD.
3. Apply best practices to facilitate talking with children about trauma and PTSD.
4. Evaluate, identify, and implement family-level goals throughout individual treatment for PTSD.

**Date and Time:** Monday, July 19 at 1:00 p.m. CT/ 2:00 p.m. ET

**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

### *Vanessa Jacoby, PhD, CPT & PE Consultant*

---



**Vanessa Jacoby, PhD**, is an Assistant Professor and a Licensed Clinical Psychologist within the Division of Behavioral Medicine and the Department of Psychiatry at the University of Texas Health Science Center at San Antonio. Dr. Jacoby provides clinical services to active duty service members and their families for the STRONG STAR Consortium and the Consortium to Alleviate PTSD (CAP). Her research interests are in the developmental trajectory, and treatment, of PTSD and other trauma-related disorders. She specializes in Cognitive Processing Therapy for PTSD and Prolonged Exposure for PTSD. Additionally, Dr. Jacoby has worked with trauma-exposed

children and whole families utilizing Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and has experience in incorporating family members into evidence-based treatments for PTSD.

---

## 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 Monday, July 19, 2021 at 1:00 p.m. CT/ 2:00 p.m. ET. The webinar will be recorded and uploaded to the STRONG STAR Training Initiative Provider Portal at <https://www.strongstartraining.org/providers/>, where it will be available for on-demand learning.

## Continuing Education

---

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.