



Unraveling PTSD: Advanced Skills Training to Enhance the Effectiveness of Your Trauma-Focused Treatment

Target Audience: This training is appropriate for mental health providers familiar with cognitive-behavioral, trauma-focused treatments such as Cognitive Processing Therapy, Prolonged Exposure, or other therapies using cognitive strategies to address beliefs about the trauma (i.e., cognitive behavior therapy with a trauma focus). Licensed providers are invited to attend, as well as students, interns, residents, fellows, and other trainees practicing trauma-focused therapy.

Instructional Level: Introductory

Course Description: What is keeping your client stuck in PTSD, and how can you get them unstuck as efficiently as possible? When delivering trauma-focused treatments for individuals with PTSD, such as Cognitive Processing Therapy, Prolonged Exposure, or other cognitive-behavioral therapies, key therapist behaviors influence how much and how quickly clients improve. This workshop will focus in-depth on honing your abilities in two key skill areas that have been linked to improved symptom outcome: 1) identifying and prioritizing trauma-related beliefs, and 2) Socratic questioning.

When treating PTSD, it's easy to become overwhelmed by all of your clients' beliefs and not know where to start or focus your efforts to gain the most benefit. This workshop will address how to get more out of treatment by sharpening your skills to identify, formulate, prioritize, and target key beliefs that are most central to unraveling your clients' PTSD. How do people think before trauma, and what ways of thinking do we develop to protect those pre-trauma beliefs or avoid painful emotions? Why do patients struggle to stop blaming themselves or others not responsible for their trauma even though it keeps them stuck in guilt, shame, and anger?

This workshop will provide a framework for conceptualizing common patient thinking resulting from trauma that will allow you to anticipate and skillfully address your clients' beliefs. In addition to identifying these central beliefs, this workshop will investigate beliefs that clients struggle to let go of and strategies to explore the function of these beliefs, which, when not addressed, may prevent your client from making progress in treatment. Finally, we will cover effective strategies to target key beliefs to unravel your clients' PTSD. The session, appropriate for both those new to trauma-focused cognitive behavioral therapy as well as advanced

practitioners, will be interactive and include numerous case examples, demonstrations, and experiential exercises.

This workshop will be presented by expert PTSD trainer and consultant Stefanie LoSavio, PhD, ABPP, co-author of the self-help book *Getting Unstuck from PTSD*. Dr. LoSavio will walk you through a systematic process to identify, formulate, prioritize, and successfully evaluate key beliefs that keep clients stuck in PTSD.

Learning Objectives:

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

1. Use various sources of information to conceptualize patients' trauma-related beliefs.
2. Identify and prioritize key trauma-related beliefs that, if addressed, are most likely to lead to symptom improvement.
3. Demonstrate Socratic questioning techniques to challenge high-priority beliefs.
4. Explore the function of difficult-to-resolve patient beliefs.

Primary Goal: After completion of this training, mental health providers will be able to identify, formulate, prioritize, and successfully evaluate key beliefs that keep clients stuck in PTSD.

Date and Time: Wednesday, April 10th, 2024 from 9 a.m. to 4:00 p.m. CST.

Duration: 1-day workshop

Where: Zoom

Training Cost: \$150

Meet the Presenter

Stefanie LoSavio, PhD, ABPP
Associate Director, CPT Trainer & Consultant



Dr. LoSavio is an Assistant Professor in the Department of Psychiatry and Behavioral Sciences at UT Health San Antonio and a licensed psychologist, board certified in the Behavioral and Cognitive specialty by the American Board of Professional Psychology. Dr. LoSavio is a national CPT trainer and regularly provides consultation for research trials and training initiatives. In her research, Dr. LoSavio studies the effectiveness of interventions for PTSD and adaptations to treatments and training methods to increase the reach of evidence-based care.

Unraveling PTSD 1-Day Workshop via Zoom

AGENDA

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

9:00 am – 9:15 am	Welcome and Opening Remarks
9:15 am – 10:30 am	Identifying and Formulating Trauma-Related Beliefs
10:30 am – 10:45 am	Break
10:45 am – 12:00 pm	Prioritizing the Highest Priority Trauma-Related Beliefs
12:00 pm – 1:00 pm	Lunch
1:00 pm – 2:30 pm	Socratic Questioning Skills to Examine High-Priority Beliefs
2:30 pm – 2:45 pm	Break
2:45 pm – 4:00 pm	Addressing Difficult-To-Let-Go-Of Beliefs and Exploring the Function of Beliefs

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 workshop so that we may provide you with appropriate service.

Continuing Education

The STRONG STAR Training Initiative offers attendees 5.5 Continuing Education (CE) Credits for participating in the 1-day workshop. Participants who attend are eligible to receive 5.5 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.

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.

Cancellation, Substitutions, and Refunds

Requests for cancellations/refunds must take place within 90 days of payment. Refunds will be made minus a \$50 service charge to account for processing and administration. The request should be sent via email to admin@strongstartraining.org. No refunds will be made thereafter.

**For Trainings or Workshops that do not have pre-requisites - a colleague may be substituted for no extra charge if STRONG STAR Training Initiative is notified at least two business days before the training.*

For additional information, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org.