



PE Skills Lab: Post-Exposure Processing

Course Information Document

Target Audience: Mental Health Providers

Instructional Level: Introductory

Course Description: Prolonged Exposure (PE) therapy focuses on helping patients process trauma-related memories and emotions to reduce distress and avoidance. In PE, a core technique involves imaginal exposure, where the patient verbally revisits traumatic memories in a structured, therapeutic environment. After the exposure session, the therapist guides the patient through a detailed exploration of their emotional and cognitive responses, promoting deeper emotional processing and helping them reframe distressing thoughts.

This Skills Lab is an opportunity to practice developing effective processing questions for PE sessions. It will include a brief overview of PE's approach to processing, a short demonstration of a post-exposure reflection, and time to practice facilitating meaningful processing discussions.

Learning Objectives:

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

- Describe the purpose of post-exposure activities in Prolonged Exposure.
- Practice conducting the post-exposure processing in treatment.
- Demonstrate approaches to help patients reflect on different areas where they may be stuck, such as guilt about the trauma.

Date and Time: April 10, 2025 from 12:00 PM to 1:00 PM CST

Duration: 1 hour

Where: Zoom

Cost: There is no additional cost to attending this course.

Meet the Presenter

Brooke Fina, LCSW, BCD

Director of Behavioral Health Training Initiatives



Brooke A. Fina, LCSW, BCD, is an Associate Professor within the Department of Psychiatry and Behavioral Sciences at UT Health San Antonio and a Licensed Clinical Social Worker. She is the Director of Behavioral Health Training Initiatives for the STRONG STAR Training Initiative, a national program dedicated to providing access to quality, evidence-based treatment to clinicians and organizations that service trauma exposed populations. She is a clinician, trainer, and facilitates the implementation of treatment programs for PTSD and suicide. She specializes in Prolonged Exposure (PE) as a trainer and consultant, and in Crisis Response Plan for suicide prevention. As a part of the leadership team of the Training Initiative, she is a subject matter expert in the training and implementation of

trauma focused treatment programs. She has consulted with 100s of mental health providers and community organizations regarding the successful implementation of PTSD treatment programs, consulted with managed care entities, and published outcomes in peer-reviewed journals.

**The presenter has no conflicts of interest to disclose.*

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 1 Continuing Education (CE) Credit for participating in the 1-hour training. 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

For cancellation, email our team at admin@strongstartraining.org.

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

Agenda

<i>12:00 pm – 12:10 pm</i>	Review of the purpose and key tips for the post-exposure discussion
<i>12:10 pm – 12:20 pm</i>	Post-exposure processing demonstration
<i>12:20 pm – 1: 00 pm</i>	Practice conducting the post-exposure processing