



# WET Skills Lab: The Post-Writing Check-In

## Course Information Document

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**Target Audience:** Mental Health Providers

**Instructional Level:** Introductory

**Course Description:**

Both Written Exposure Therapy (WET) and Prolonged Exposure (PE) therapy share a common goal of helping patients process trauma-related memories and emotions to reduce distress and avoidance. In both approaches, after the exposure—whether written (WET) or verbal (PE)—the therapist guides the patient in reflecting on their experience and supporting emotional processing. WET involves narrative writing as the form of exposure, followed by a lighter post-writing check-in, while PE follows the activity of imaginal exposure with more in-depth reflection and exploration of the patient’s emotional and cognitive responses. This Skills Lab is an opportunity to practice finding the balance of a successful post-writing check-in in WET or successful processing questions in PE. This Skills Lab will involve a brief overview, a short demonstration, and then time to practice conducting the post-writing check-in.

**Learning Objectives:**

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

1. Describe the purpose of post-exposure activities in WET or PE.
2. Practice conducting the post-exposure check in or discussion in treatment.
3. Demonstrate approaches to help patients reflect on different areas where they may be stuck, such as guilt about the trauma.

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**Date and Time:** April 10, 2025 from 12:00 p.m. to 1:00 p.m. CST

**Duration:** 1 hour

**Where:** Zoom

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

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## Meet the Presenter

**Stefanie LoSavio, PhD, ABPP**  
**Director of Research and Innovation**



**Stefanie T. LoSavio, PhD, ABPP** 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. Currently, she works with the STRONG STAR Training Initiative as the Director of Research and Innovation. Dr. LoSavio specializes in evidence-based treatments for posttraumatic stress disorder (PTSD), including cognitive processing therapy (CPT), prolonged exposure (PE), and written exposure therapy (WET). She is a national CPT trainer and regularly provides consultation for research trials and training initiatives. Dr. LoSavio has also served as an implementation consultant, providing organizational consultation to sites working to integrate evidence-based, trauma-focused treatment into their clinical settings. 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.

*\*Stefanie T. LoSavio does not have any conflicts of interest\**

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## Special Accommodations

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

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## 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](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.

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## Cancellation

For cancellation, email our team at [admin@strongstartraining.org](mailto:admin@strongstartraining.org).

*For additional information, please contact the STRONG STAR Training Initiative at [admin@strongstartraining.org](mailto:admin@strongstartraining.org)*

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## Agenda

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