



PE Skills Lab: Developing the In Vivo Hierarchy

Course Information Document

Target Audience: Mental Health Providers

Instructional Level: Introductory

Course Description: Prolonged Exposure Therapy (PE) for post-traumatic stress disorder (PTSD) incorporates an in vivo hierarchy as a structured approach to address avoidance behaviors. This hierarchy is collaboratively developed between the therapist and the client, identifying situations or activities that trigger distress related to their traumatic experiences. Throughout therapy, the client systematically confronts and experiences these safe situations, repeatedly exposing themselves to reduce fear and anxiety. By doing so, clients can gain mastery over their distress responses and decrease avoidance behaviors, ultimately improving their quality of life and reducing the impact of PTSD symptoms.

Many new PE therapists have limited or no experience with hierarchy development. If this is your experience, this skills lab is for you! This Skills Lab is an opportunity to practice the development of an in vivo hierarchy and work through common pitfalls with our expert consultant. This Skills Lab will involve a brief overview of the development process of an in vivo, demonstration, and then time to practice.

Learning Objectives:

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

- Name the process steps for developing an in vivo hierarchy in PE
- Practice engaging clients in the development of an in vivo hierarchy in PE
- Describe common challenges in developing an in vivo hierarchy in PE

Date and Time: October 23, 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

Bailee Schuhmann, PhD



Bailee Schuhmann, PhD. is an Assistant Professor within the Department of Psychiatry and Behavioral Sciences at the UT Health San Antonio and a Licensed Psychologist. She serves as an expert in evidence-based PTSD treatment who supports clinicians' training and adherent delivery of Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), and Written Exposure Therapy (WET) across research and clinical programs. She also serves as a Research Therapist on several clinical trials examining compressed and/or augmented treatment for individual and couple's-based PTSD treatments. Her research and clinical interest include posttraumatic stress and resilience in first responder and military populations as well as program development and evaluation.

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This 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

Cancellation is not required. For additional information, please contact the STRONG STAR Training Initiative at admin@strongstartraining.org

Agenda

<i>12:00 pm – 12:10 pm</i>	Review Goals of In Vivo Exposure Tips for Identifying Exposure Items
<i>12:10 pm – 12:20 pm</i>	Discuss In Vivo Hierarchy Examples (Combat & sexual assault)
<i>12:20 pm – 1: 00 pm</i>	Group Practice of Developing In Vivo Hierarchy