



PE Skills Lab 2: 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: October 30, 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.

**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

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 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