



# 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.

**Date:** February 26, 2026

**Time:** 1:00 PM to 1:00 PM EST  
12:00 PM to 1:00 PM CST  
10:00 AM to 11:00 AM PST

**Duration:** 1 hour

**Where:** Zoom

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

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## 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.

Disclaimer: The presenter has no conflicts of interest to disclose.

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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. 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 at San Antonio Health Science Center is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The University of Texas at San Antonio Health Science Center maintains responsibility for this program and its content.

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# Cancellation

Cancellation is not required. For additional information, please contact the STRONG STAR Training Initiative at [admin@strongstartraining.org](mailto:admin@strongstartraining.org)

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## Agenda

All times are in Central Standard Time.

<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