



## Prolonged Exposure Workshop Training Description

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**Target Audience:** Mental health providers who treat military personnel and veterans with PTSD.

**Instructional Level:** Introductory

**Course Description:** The STRONG STAR Training Initiative offers a two-day workshop in Prolonged Exposure Therapy (PE). PE for PTSD is one of the most effective treatments for PTSD, with the largest empirical data over the past few decades. There are four main treatment components in PE: 1) Repeated in vivo exposure to situations the client is avoiding because of trauma-related fear; 2) Prolonged (repeated) revisiting of the trauma memories followed by processing where the therapist and client discuss the traumatic experience and consider and related unhelpful, erroneous thoughts; 3) Education about common reactions to trauma; and 4) Breathing retraining, i.e., teaching the client how to breath in a calm way.

### **Learning Objectives:**

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

1. Describe the theory and empirical research underlying PE
2. Administer assessment and outcome measures to patients
3. Identify appropriate cases for PE through interview and self-report methods
4. Present the overview and treatment rationale of PE to patients to increase therapy buy-in
5. Implement techniques for facilitating a therapeutic alliance between provider and patient
6. Conduct a trauma interview to gather information about the patient's trauma history and identify an index trauma
7. Identify the common reactions to trauma in order to validate patients' experiences and symptoms in the context of PTSD
8. Guide patients through in-vivo exposure and creation of an in-vivo hierarchy
9. Guide patients through imaginal exposure and processing imaginal exposure
10. Implement techniques to address a patients' anger, guilty, and shame

11. Assist patients in identifying and working through distressing “hotspot” memories
12. Identify and address factors that impair effective emotional engagement in PE
13. Identify risk factors for secondary traumatic stress and implement strategies to improve therapist self-care
14. Implement strategies to facilitate patients’ homework compliance

**Primary Goal:** After completion of this training, mental health providers will be able to implement PE effectively.

**Date and Time:** Thursday and Friday, September 29-30, 2022 from 9 a.m. to 5:00 p.m. CST.

**Duration:** 2-day workshop

**Where:** Zoom

**Training Cost:** \$300 for eligible providers

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## PE Manual

Purchase of the PE manual is a necessary supplement to the training and it is available online via Amazon.com, Oxford University Press, or other book stores:

[Prolonged Exposure Therapy for PTSD: Emotional Processing of Traumatic Experiences Therapist Guide](#), Authors: Edna Foa, Elizabeth Hembree, and Barbara Rothbaum

ISBN-13: 978-0195308501

ISBN-10: 0195308506

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## Meet the Presenter

Brooke Fina, LCSW, BCD  
Director of Training, PE Trainer & Consultant



**Brooke A. Fina, LCSW, BCD** is an Associate Professor and a Licensed Clinical Social Worker. Ms. Fina is Board Certified in Clinical Social Work by the American Board of Examiners in Clinical Social Work. She serves as the Suicide Risk Advisor for the STRONG STAR Consortium and Consortium to Alleviate PTSD. She specializes in Prolonged Exposure (PE) for combat-related PTSD, and is a Master Clinician and Clinical Supervisor in PE.

## 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 13 Continuing Education (CE) Credits for participating in the 2-day training. Participants who attend are eligible to receive 13 CE Credits. 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.