

# Outline

## Prolonged Exposure and the Emotional Processing Theory

Emotional Processing Theory  
Who PE was designed for  
Research supporting PE as an evidence-based therapy for PTSD  
Comparison to other treatments for PTSD  
Risks and contraindications

## Diagnosing PTSD and other Trauma (or Stressor) Related Disorders

DSM-5™ criteria  
Cultural considerations

## Brain Science of Trauma and Exposure Therapy

Amygdala  
Hippocampus  
Insula  
Cortical areas

## Assessment/Screening Tools

Primary Care PTSD Screen  
PCL-5  
IES-R  
CAPS-5

## Trauma Treatment Roadmap

Bottom-up vs top-down approaches  
Stabilization and grounding  
Where PE fits into the roadmap

## Preparing Your Clients for PE

Assessing for readiness  
Motivational interviewing techniques  
Psychoeducation about trauma processing and PE  
Therapeutic alliance

## The PE Protocol: Essential Components and Step-by-Step Training

### Session 1

Trauma interview  
Identifying the index trauma  
Breathing retraining technique

### Session 2

Common reactions to trauma  
Psychoeducation about in vivo exposure  
In vivo exposure fear hierarchy  
Homework assignments related to in vivo exposure

### Sessions 3 and Beyond

Imaginal exposure to the traumatic event: step by step  
SUDS, symptom monitoring, and stabilization  
Managing hot spots  
Processing of the exposure  
In vivo exposure progress

### Final Session

Final assessment  
Progress review  
Relapse prevention  
Determining next steps in therapy

## How to Deal with Avoidance and Anxiety

Over engagement/under engagement  
Panic/anxiety  
Anger  
Avoidance  
Homework compliance

## PE Modifications

Extending session length and/or increasing/decreasing frequency  
TBI  
Moral injury  
Other modifications

## Integrating PE with Other Treatment Modalities

EMDR  
Cognitive Processing Therapy  
Other cognitive behavioral approaches

Learning Objectives can be viewed at [pesi.com/webcast/84514](http://pesi.com/webcast/84514)

Live Webinar Schedule - both days  
(Times listed in Central)

**8:00** Program begins


**11:50-1:00** Lunch Break

**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

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# 2-DAY PROLONGED EXPOSURE (PE) FOR PTSD

A Step-by-Step Guide to Trauma Treatment with One of Today's Most Effective Evidence-Based Therapies

**LIVE Interactive Webcast**

**Thursday & Friday, March 4 & 5, 2021**

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# 2-DAY PROLONGED EXPOSURE (PE) FOR PTSD

A Step-by-Step Guide to Trauma Treatment with One of Today's Most Effective Evidence-Based Therapies

Get the training you need to reduce trauma symptomology and improve outcomes with this gold standard therapy...

- Confidently work with the most distressing aspects of your clients' traumatic memories
- Set the stage to decrease avoidance and reduce the chances of dropout
- Feel prepared to handle panic, anger and other reactions that worry you most
- Integrate PE with the clinical skills and approaches you already use

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# PROLONGED EXPOSURE (PE) FOR PTSD

**Prolonged Exposure (PE) is one of the most effective and most studied therapies for PTSD available.** It holds the strongest recommendation as a treatment for PTSD in every clinical practice guideline and allows clinicians to get straight to the heart of the problem for trauma survivors...the memory of what happened.

But you worry that revisiting these memories will lead to panic, symptom exacerbation and client dropout. And you fear that you aren't prepared to handle a client's distress. *How can you overcome these concerns to bring this gold standard trauma therapy into your practice?*

**This live 2-day webinar training, is a step-by-step guide to utilizing PE therapy in your practice,** with the tools, techniques, case studies and clinical insights you need to treat a variety of populations and improve outcomes.

**Taught by internationally recognized trauma expert Dr. Jennifer Sweeton,** this course will show you how the clinical skills and instincts you already have can make PE more accessible and applicable than you ever thought possible. Attend and discover how you can:

- Set the stage with clients to decrease avoidance and reduce the chances of dropout
- Get specific guidance on structuring PE sessions
- Help clients modulate their distress and manage their emotions with simple techniques
- Confidently conduct imaginal and in vivo exposure
- Effectively work with "hot spots" – the most distressing aspects of your clients' traumatic memories
- Address specific therapeutic situations including panic, anxiety, anger and irritability

**Don't leave one of the most effective trauma therapies out of your therapeutic toolbox!**

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## Target Audience:

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Psychiatrists • Addiction Counselors • Nurses • Other Mental Health Professionals



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## Meet Your Speaker

**Dr. Jennifer Sweeton**, is a licensed clinical psychologist, author, and internationally-recognized expert on trauma and anxiety. Dr. Sweeton was trained in the use of Prolonged Exposure during her time as a clinical psychologist with the U.S. Department of Veteran's Affairs where she worked with active service members and combat veterans with PTSD. She has continued to treat a variety of populations using PE for over a decade.

Dr. Sweeton completed her doctoral training at the Stanford University School of Medicine, the Pacific Graduate School of Psychology, and the National Center for PTSD. Additionally, she holds a master's degree in affective neuroscience from Stanford University and studied behavioral genetics at Harvard University.

Dr. Sweeton resides in the greater Kansas City area, where she owns a group private practice, Kansas City Mental Health Associates. She is a past president of the Oklahoma Psychological Association and the Greater Kansas City Psychological Association. She also holds adjunct faculty appointments at the University of Kansas School of Medicine. Dr. Sweeton offers psychological services to clients in Oklahoma, Kansas, and internationally, and is a sought-after trauma and neuroscience expert who has trained thousands of mental health professionals in her workshops.

Speaker Disclosure:

Financial: Jennifer Sweeton is in private practice. She has an employment relationship with the Oklahoma City VAMC. Dr. Sweeton receives a speaking honorarium from PESI, Inc.

Non-financial: Jennifer Sweeton has no relevant non-financial relationship to disclose.

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For specific credit approvals and details, visit [pesi.com/webcast/84514](http://pesi.com/webcast/84514)

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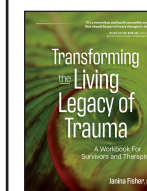
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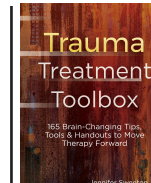
## Recommended Reading:



**Transforming The Living Legacy of Trauma: A Workbook for Survivors and Therapists**  
Janina Fisher, Ph.D.

~~\$29.99~~ **\$22.99\***

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