

Outline

Written Exposure Therapy:

Development and Empirical Support

- Necessary and sufficient components for PTSD treatment
- How WET was developed
- Examination of the treatment dose needed for successful PTSD treatment outcome
- Research - efficacy and effectiveness data supporting WET
- Research limitations
- Who are good candidates for WET and who are not

PTSD Assessment

- Review of PTSD diagnostic criteria, including definition of trauma event
- Description of prevalence of PTSD
- Deciding on measures to assess for PTSD
- Monitor symptom severity during course of treatment

The Delivery of WET:

Session-by-Session Instructions and Scripts

Session 1

- Psychoeducation
- Treatment rationale
- Instructions on how to conduct the first writing exercise
- Check-in and concluding the session

Sessions 2-5

- Feedback on previous sessions writings
- Instructions for current session
- Check-in
- Conclusion
- When modifications are needed

Objectives

1. Investigate the clinical implications of barriers to employing first-line PTSD treatment approaches.
2. Assess clients to identify traumatic events and current PTSD symptom severity.
3. Assess clients for the appropriateness of using written exposure therapy for PTSD treatment.
4. Evaluate the research, efficacy data and research limitations for written exposure therapy.
5. Analyze how WET compares to other evidence-based practices for PTSD treatment.
6. Determine when modifications to the scripted approach of WET are needed.

The Trauma Narrative:

Examples and How to Provide Client Feedback on Narratives

- How to provide feedback when clients do not include emotions in their narrative
- What to do when clients avoid writing about the most distressing part of the event
- How to provide positive and constructive feedback to move the client forward

How to Deliver WET via Telehealth

- The use of videoconferencing
- Getting materials to and from clients when using telehealth
- Solutions to common issues that arise

How to Handle Common Challenges:

Clinical Insights, Tips and Role Play Exercises to Help You Implement WET

- How to manage when clients do not follow writing instructions
- What to do when clients have an increase in PTSD symptoms
- Managing situations in which clients stop writing or refuse to start writing
- Managing comorbid issues, such as substance abuse and suicidal ideation
- Assessing whether additional treatment is needed

Live Webinar Schedule

(Times listed in Eastern)

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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Written Exposure Therapy (WET) for PTSD

A Brief Evidence-Based Treatment for Reduced Dropouts and Improved Outcomes in Fewer Sessions

LIVE Interactive Webinar

Friday, May 21, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.



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Written Exposure Therapy (WET) for PTSD

A Brief Evidence-Based Treatment for Reduced Dropouts and Improved Outcomes in Fewer Sessions



Featuring Dr. Denise Sloan and Dr. Brian Marx, developers of the Written Exposure Therapy protocol

Strongly recommended in the VA/DoD Management of Posttraumatic Stress Disorder and Acute Stress Reaction Clinical Practice Guideline:

- Step-by-step instructions for using the treatment in your practice
- Clinically significant reductions in PTSD symptoms in as few as five sessions
- How-to guidance on delivering WET via telehealth
- Scripts, case studies and role-plays to ensure proper implementation

Live Interactive Webinar

Friday, May 21, 2021

BONUS! – Registration includes FREE on-demand access for 3 months.

# Written Exposure Therapy (WET) for PTSD

5 sessions or less. That might be all you have to make a difference in the lives of many clients.

Between the anguish of verbalizing the details of their traumas, and lengthy treatments that can take months or years to conclude, nearly a third drop out of therapy prematurely. You need a more rapid and tolerable treatment option!

**Written Exposure Therapy (WET)** is an evidence-based brief PTSD treatment approach that produces clinically significant **reductions in PTSD symptoms in as few as five treatment sessions** by having clients write about the trauma. It’s efficient, effective, **associated with low treatment dropout rates**, and has been found to be **equally effective as more time intensive therapies** – all without requiring clients to verbalize the details of their traumas again and again.

This live one-day online workshop is led by Dr. Denise Sloan and Dr. Brian Marx, developers of the Written Exposure Therapy protocol and authors of *Written Exposure Therapy for PTSD: A Brief Treatment Approach for Mental Health Professionals* published by the American Psychological Association.

Join them as in just one day, they provide you with the training and tools you need to **start using WET in your practice immediately!** Register now and get:

- Detailed clinical guidance for conducting each session
- User friendly scripts you can follow to ensure proper implementation
- How to deliver the treatment via telehealth
- Strategies for dealing with psychiatric co-morbidity
- Examples of trauma narratives and how to provide feedback
- Solutions for clients who don’t follow directions and other treatment challenges

Don’t miss this chance to put your PTSD treatment on the fast track!

Sign up today!

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Counselors • Social Workers • Psychologists • Marriage and Family Therapists • Physicians  
Addiction Counselors • Psychiatrists • Nurses • Other Mental Health Professionals



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## Meet Your Speakers

**Denise M. Sloan, Ph.D.,** serves as the associate director, Behavioral Science Division, National Center for PTSD and a professor of psychiatry, Boston University School of Medicine. She is an expert on psychosocial interventions for traumatic stress disorders and has a specific interest in efficient treatment approaches for PTSD. Dr. Sloan conducted a series of studies that lead to the development of Written Exposure Therapy and has conducted multiple large-scale treatment studies examining the effectiveness of this treatment. She has published over 100 scientific articles and has received funding for her work from several organizations, including the Department of Veterans Affairs, National Institute for Mental Health, Department of Defense. Dr. Sloan is editor of *Behavior Therapy* and editor elect of *Journal of Traumatic Stress* and a consulting editor for six scientific journals. Dr. Sloan has over 25 years’ experience treating individuals with PTSD, and she has extensive experience training mental health providers in the delivery of trauma-focused treatments. Dr. Sloan obtained her doctorate in clinical psychology from Case Western Reserve University in 1998.

Speaker Disclosure:  
Financial: Denise M. Sloan is the Associate Director at the National Center for PTSD. She is a professor at Boston University. She receives royalties from the APA. Ms. Sloan receives a speaking honorarium from PESI, Inc.  
Non-financial: Denise M. Sloan is a member in the Association for Behavioral and Cognitive Therapies, International Society for Traumatic Stress Studies, and American Psychological Association.

**Brian P. Marx, Ph.D.,** is deputy director, Behavioral Science Division, National Center for PTSD and a professor of psychiatry, Boston University School of Medicine. He is an expert in the assessment and treatment of PTSD. With Dr. Denise Sloan, he is the co-developer of Written Exposure Therapy (WET) and has spent the last 20 years conducting a systematic line of research which supports the development and efficacy of this treatment. Dr. Marx has published over 200 scientific articles and has received external funding for his work from numerous organizations including the United States Department of Veterans Affairs, United States Department of Defense, and the Centers for Disease Control and Prevention. Dr. Marx is on the editorial board of several professional journals. He is a previous winner of the Award for Outstanding Contributions to the Science of Trauma Psychology from Division 56 of the American Psychological Association. Dr. Marx obtained his doctorate in clinical psychology from the University of Mississippi.

Speaker Disclosure:  
Financial: Brian P. Marx is the Deputy Director and Staff Psychologist at the National Center for PTSD. He is a professor at Boston University. Mr. Marx receives royalties from Guilford Press and the APA. He receives a speaking honorarium from PESI, Inc.  
Non-financial: Brian P. Marx is a member in the Association for Behavioral and Cognitive Therapies, International Society for Traumatic Stress Studies, Anxiety and Depression Association, and American Psychological Association.


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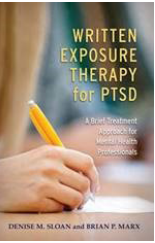
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### Recommended Reading:



***Written Exposure Therapy for PTSD***  
*A Brief Treatment Approach for Mental Health Professionals*  
By Denise M. Sloan, Ph.D., and Brian P. Marx, Ph.D.

Available for purchase at [amazon.com](http://amazon.com)

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