

Prolonged Exposure Therapy for PTSD

Daily Agenda – April 4-7, 2024

Day 1 – Thursday, April 4

8:15-8:30

Sign-in

8:30-12:00

Prolonged Exposure Therapy for PTSD

- Diagnosis & epidemiology of PTSD
- Emotional Processing Theory
- Efficacy & effectiveness

(break as needed, approximately 10:15-10:30)

12:00-1:00

Lunch on your own

1:00-2:45

Overview of PE Therapy

- Assessment of trauma-related symptoms prior to and during treatment
- Preparation for PE therapy
- Description of PE / Overview of Sessions 1-10

2:45-3:00

Break

3:00-4:30

Prolonged Exposure Therapy Program

- Session 1: How to present the PE program to clients
- Establishing therapeutic alliance

Day 2 - Friday, April 5

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| 8:15-8:30 | Sign-in |
| 8:30-9:30 | Break into pairs to practice delivery of treatment overview/rationale |
| 9:30-10:15 | Session 1: Trauma Interview and Breathing Retraining
Session 2: Psychoeducation |
| 10:15-10:30 | Break |
| 10:30-12:00 | Session 2: In Vivo Exposure <ul style="list-style-type: none">• Rationale for in vivo exposure• Use of Subjective Units of Distress (SUDs) scale• Construction of in vivo hierarchy• Safety guidelines for in vivo exposure• Assignment of in vivo homework |
| 12:00-1:00 | Lunch on your own |
| 1:00-2:00 | Break into pairs to practice rationale and procedure for in vivo exposure and hierarchy construction |
| 2:00-2:45 | Session 3: Imaginal Exposure I <ul style="list-style-type: none">• Rationale for imaginal exposure |
| 2:45-3:00 | Break |
| 3:00-4:30 | Session 3: Imaginal Exposure II <ul style="list-style-type: none">• Rationale for imaginal exposure (<i>cont'd</i>)• Procedure for imaginal exposure |

Day 3 – Saturday, April 6

8:15-8:30	Sign-in
8:30-9:30	Session 3: Imaginal Exposure III <ul style="list-style-type: none">• Processing• Anger, guilt, and shame
9:30-10:30	Break into pairs to practice delivery of imaginal exposure rationale and procedure
10:30-10:45	Break
10:45-11:30	Sessions 4 and 5 Therapist Self Care
11:30-12:00	Session 6-9: Hot Spots procedure for imaginal exposure
12:00-1:00	Lunch on your own
1:00-1:45	Session 6-9: Hot Spots procedure for imaginal exposure (<i>cont'd</i>)
1:45-2:15	Session 10: Final Session <ul style="list-style-type: none">• Reassessing SUDs, relapse prevention, post-treatment planning
2:15-2:45	Factors that impair effective emotional engagement in exposure: Avoidance <ul style="list-style-type: none">• Reluctance to do exposure, avoidance of homework, missing therapy sessions
2:45-3:00	Break
3:00-4:30	Factors that impair effective emotional engagement in exposure: Avoidance (<i>cont'd</i>)

Day 4 - Sunday, April 7

8:15-8:30	Sign-in
8:30-10:00	Factors that impair effective emotional engagement in exposure: Under-engagement
10:00-10:15	Break
10:15-12:00	Factors that impair effective emotional engagement in exposure: Over-engagement
12:00-1:00	Lunch on your own
1:00-1:45	Special Issues: Maintaining focus on PTSD, Homework compliance
1:45-2:30	Review of Treatment/Forms
2:30-2:45	Break
2:45-3:30	Discussion Period; Q & A