

## Continuing Education

### **Prolonged Exposure Therapy for Posttraumatic Stress Disorder**

#### Four-day Intensive Training Workshop

The Centre for Posttraumatic Stress & Anxiety Treatment, Ltd. (David Paul, Ph.D.) is approved by the Canadian Psychological Association to offer continuing education for psychologists. The Centre for Posttraumatic Stress & Anxiety Treatment, Ltd. (David Paul, Ph.D.) maintains responsibility for the program. Completion of the entire Four-Day Prolonged Exposure Therapy Workshop will earn participants **25 CE credits**. Credit for partial completion is not available. CE certificates will be provided to eligible participants on their completion of a post-workshop evaluation questionnaire.

#### **Learning objectives:**

1. Describe the diagnosis and psychopathology of PTSD;
2. Discuss emotional processing theory as it relates to Prolonged Exposure Therapy for PTSD;
3. Discuss empirically-supported, psychotherapeutic treatments for chronic PTSD and the comparative efficacy of these treatment approaches;
4. Explain how clients can be helped to emotionally engage in and process traumatic memories, with the aim of reducing trauma-related symptoms and difficulties;
5. Implement psychoeducational treatment components of Prolonged Exposure Therapy for PTSD;
6. Construct an in-vivo exposure hierarchy that includes a range of situations that safely and effectively promote learning while expanding the client's world;
7. Implement in-vivo exposure to safe but avoided trauma reminders with clients;
8. Help clients choose an appropriate index trauma on which to focus in Prolonged Exposure Therapy for PTSD;
9. Conduct imaginal exposure to memories of traumatic events;
10. Choose hot spots with clients and implement hot spots procedures in imaginal exposure;
11. Identify and address avoidance in PE sessions
12. Identify and address over- and under-engagement in imaginal exposure;

**Note:** The CPA's approval of an individual, group, or organization as a CE Sponsor or Provider is restricted to the activities described in the approved application or annual report form. The CPA's approval does not extend to any other CE activity the Sponsor or Provider might offer. In granting its approval, the CPA assumes no legal or financial obligations to Sponsors, Providers, or to those individuals who might participate in a Sponsor or Provider's CE activities or programs. Further, responsibility for the content, provision, and delivery of any CE activity approved by the CPA remains that of the CE Sponsor or Provider. The CPA disclaims all legal liability associated with the content, provision, and delivery of the approved CE activity.