



Prolonged Exposure Therapy for PTSD

with
Jason Goodson, Ph.D.

October 17 - 19, 2018

Target audience

The target audience is mental health practitioners, including psychologists and psychology trainees, social workers, and counselors. Attendees should be open to learning about new treatments and ideally would be excited about learning how to implement and evidence-based treatment for PTSD such as PE.

Purpose

Prolonged exposure therapy (PE) is an evidence-based treatment for PTSD. The purpose of the training is to familiarize providers with the theoretical underpinnings and empirical support for the treatment. The training will teach providers the core elements of prolonged exposure through didactic presentation, in-person and video demonstration, and role-play practice. Providers in attendance will be familiarized with the overall structure of PE and content of each session. They will be familiarized with the diagnosis of PTSD and how to conduct a proper assessment for PTSD and PE appropriateness. Strategies for measurement based care, along with particular measures will be discussed. Providers in attendance will learn how to deliver treatment rationales, construct *in vivo* exposure hierarchies, and implement imaginal exposure and processing. They will also be familiarized with how to recognize and treat common problems faced in PE such as avoidance, under-engagement, and over-engagement.

Description

The 2.5 day workshop will begin with an overview of PTSD diagnostic criteria. Following, emotional processing theory as it relates to PTSD onset and recovery will be taught. Empirical support for PE, factors associated with treatment outcome, and common myths associated with exposure therapy will be presented. Assessment guidelines will then be presented followed by a session-by-session overview of PE. Core components of PE will be presented. Major components will have a didactic presentation, in-person or video demonstration, and then role-play practices. An emphasis will be placed on *in vivo* and imaginal exposure which form the heart of PE. Additional topics will include: processing hot-spots, avoidance, under-engagement, over-engagement, anger, and keeping the focus of treatment.

Objectives

At the conclusion of the training, participants will be able to:

- Describe PTSD symptoms and be familiar with appropriate assessments at pre-treatment, throughout treatment, and at post-treatment
- Understand the broad indications for PE and the limited contra-indications for PE
- Understand emotional processing theory as it relates to PTSD and PE
- Describe the overall structure and content of each PE session
- Demonstrate how to present treatment rationales in an effective manner
- Demonstrate knowledge and skills to construct an *in vivo* exposure hierarchy and implement *in vivo* exposure exercises
- Demonstrate knowledge and skills to carry out imaginal exposure and processing
- Demonstrate knowledge and skills to carry out hot-spots work
- Demonstrate knowledge and skills to move a patient through PE and recognize markers of successful treatment completion
- Demonstrate knowledge and skills required to effectively deal with common problems faced in PE

Dr. Goodson earned his PhD from Utah State University after completing a pre-doctoral internship at the Milwaukee VA Medical Center. He then completed a 2-year postdoctoral fellowship at Dartmouth Medical School in exposure-based treatment for anxiety-related disorders and PTSD. After completing his fellowship, he began working in the VA system treating Veterans with PTSD, anxiety, and mood disorders; he continues to treat Veterans within the VA system today. Dr. Goodson is a national consultant and trainer in prolonged exposure therapy (PE) for the VA and has trained and consulted VA providers on this evidence-based treatment for 10 years. He also oversees the training, supervision, and implementation of PE at the Philadelphia VA Medical Center and surrounding Community-Based Clinics. He has published several articles on PE treatment outcomes, including general effectiveness in veterans and predictors of treatment outcome. He also has an interest in the impact of safety behaviors on anxiety/exposure treatment outcomes. He and his colleagues developed and published the Safety Behavior Assessment Form (SBAF) which was shown to be associated with PE treatment outcomes (along with the development of anxious symptoms in non-clinical populations). He regularly presents at local and national conferences and has been an invited reviewer for several scientific journals. Dr. Goodson also has a small private practice specializing in anxiety disorders and works as a staff psychologist for the Center for Anxiety and Behavior Therapy.

Continuing Education

Nineteen and one-half (19.5) CE credits will be awarded to participants who attend the entire program. Partial credit will not be awarded. WCU Community Mental Health Services is approved by the American Psychological Association to sponsor continuing education for psychologists.

We have applied for additional continuing education credits. West Chester University has been designated as a pre-approved provider of professional continuing education (Section 47.36 (a)(1)) for LSW and LCSW social workers, (Section 48.36(a)(1)) for LMFT, Licensed Marriage & Family Therapists, and (Section 49.23(a)(1) for LPC, Licensed Professional Counselors by the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors.

*WCU Community Mental Health Services maintains responsibility for this program and its content.

Please register online at:

wcu-community-mental-health-services.ticketleap.com/pe/
or call 610-436-2510

Cost:

\$175

Cost includes lunch on the 17th and 18th

Schedule:

October 17, 18, and 19: 8:00 A.M.-8:30 A.M. - *Registration*

October 17 & 18: 8:30 A.M. - 5:30 P.M. - *Presentation*

October 19: 8:30 A.M. – 1:00 P.M. - *Presentation*

Location:

WCU Graduate Center
Room 325
1160 McDermott Drive
West Chester, PA 19380

No conflict of interest has been identified. WCU Community Mental Health Services has received no commercial support for this program.