

Intro to Prolonged Exposure

St. Clair Community Mental Health

May 13 - 14, 2024

8:30 a.m. – 4:30 p.m.

This intensive workshop on how to implement Prolonged Exposure (PE) Therapy will begin with instruction in the basics of all components of PE. The second half of the workshop will focus on how to modify therapy procedures to tailor the treatment to the client's response to exposure. Maintaining focus on treatment of PTSD while maintaining flexibility in following the manual will be emphasized. During this workshop, participants will be presented detailed case vignettes that illustrate use of PE in the treatment of trauma survivors with chronic PTSD. Participants will also see segments of videotaped therapy sessions conducted by experts that illustrate all PE therapy components and will be given the opportunity to practice PE procedures with other attendees with feedback from faculty trainers. We will also provide detailed treatment manuals and supporting materials used in providing the therapy.

Registration is complimentary. Registration is limited and required.

[Click here to register.](#)

Who Should Attend:

This event is sponsored by the adult mental health block grant and is intended for persons who serve adults only through the mental health provider networks (CMHSPs and/or their contract agencies) in the state of Michigan.

This training is intended for both new and experienced staff who have previously taken this training (can be a "refresher" training).

This training is for master's level or above clinical staff working with Adults with SMI/COD.

Agenda:

May 13, 2024

8:30 - 9 a.m.
Review Training Agenda and Introductions
Theory
9 - 9:30 a.m.
Assessment
9:30 - 10:15 a.m.
Overall Rationale
10:15 - 10:25 a.m. Break
10:25 - 10:55 a.m.
Overall Rationale dyad & Role Play
10:55 - 11:15 a.m.
Breathing and Common Reactions
11:15 a.m. - Noon
In vivo Exposure - Rationale and SUDS
Noon - 1 p.m. Break
1 - 2:30 p.m.
In vivo Exposure Hierarchy, Role Play, and SUDS
2:30 - 2:40 p.m. Break
2:40 - 3:40 p.m.
Imaginal Exposure
3:40 - 4:10 p.m.
Imaginal Exposure and Prompting
4:10 - 4:30 p.m.
Imaginal Exposure and Processing

May 14, 2024

8:30 - 9 a.m.
Hot Spots
9 - 9:30 a.m.
Processing Role Play
9:30 - 10:30 a.m.
Final session
10:30 - 10:40 a.m. Break
10:40 - 11:10 a.m.
Special Cases: Under Engagement
11:10 a.m. - Noon
Special Cases: Over Engagement
Noon - 1 p.m. Break
1 - 1:15 p.m.
Self-care
1:15 - 2 p.m.
Special Cases: Avoidance
2 - 2:10 p.m. Break
2:10 - 2:40 p.m.
Avoidance Role Play
2:40 - 3:40 p.m.
Special Issues
3:40 - 4:30 p.m. Wrap Up / Q & A / Consultations

Presented
by:

Emily
Malcoun

David
Yusko

Training Objectives:

- Describe the diagnosis and psychopathology of PTSD.
- Discuss emotional processing theory as it relates to Prolonged Exposure Therapy for PTSD.
- Discuss how avoidance maintaining PTSD symptoms.
- Discuss how avoidance will be addressed in Prolonged Exposure Therapy.
- Learn inclusion and exclusion criteria for identifying an appropriate client for Prolonged Exposure.
- Explain how clients can be helped to emotionally engage in and process traumatic memories, with the aim of reducing trauma-related symptoms and difficulties.
- Implement psychoeducational treatment components of Prolonged Exposure Therapy for PTSD.
- Explain overall treatment rationale for Prolonged Exposure Therapy.
- Construct an in-vivo exposure hierarchy that includes a range of situations that safely and effectively promote learning while expanding the client's world.
- Implement in-vivo exposure to safe but avoided trauma reminders with patients.
- Help patients choose an appropriate index trauma to focus on in Prolonged Exposure Therapy for PTSD.
- Conduct imaginal exposure to memories of traumatic events.
- Choose hot spots with patients and implement hot spots procedures.
- Identify and address avoidance in PE sessions.
- Identify and address over- and under-engagement in imaginal exposure.

The Michigan Department of Health and Human Services, through the Community Mental Health Association of Michigan Has provided funding for this Initiative through Federal Community Mental Health Block Grant.

Training Site Information:

The training will be located at St. Clair Community Mental Health. Located at 3111 Electric Ave, Port Huron, MI. The training will be held in **their primary meeting room**.

- Parking is complimentary.

Continuing Education Information:

Social Workers: This training course qualifies for a maximum of **13 Continuing Education hours**. The Community Mental Health Association is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC 060818. **Qualifies as “face-to-face” (in-person) education.**

Certificate Awarded: After confirmation that you have fully participated in this training and completed the evaluation, your Continuing Education Certificate will be emailed to you within 30 days of the training.

Certificate Issued By: Christina Ward, Director of Education & Training, cward@cmham.org; 517-374-6848

National Accreditation Rules: National Accreditation rules indicate that if you are over five minutes late or depart early, you forfeit your continuing education hours for the entire training. Please note that this is a national rule that CMHA must enforce, or we could lose our provider status to provide continuing education hours in the future. This rule will be strictly followed.

Payment Due: Payment is required at time of registration via a major credit card. (If applicable)

Cancellation Policy: Due to the setup of this training, there are no fees associated with cancellation. We do ask that you notify nstratton@cmham.org if you are cancelling.

Evaluation: There will be an opportunity for each participant to complete an evaluation of the training and the instructor. If you have any issues with the way in which this training was conducted or other problems, you may note that on your evaluation of the training or you may contact CMHA at 517-374-6848 or through our website at www.cmham.org for resolution.

**Questions?
Please
contact
[Nick
Stratton](#)**