Prolonged Exposure Therapy for PTSD
Daily Agenda – October 26-29, 2023

Day 1 – Thursday, October 26

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, October 27

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
            • 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
            • Rationale for imaginal exposure

2:45-3:00  Break

3:00-4:30  Session 3: Imaginal Exposure II
            • Rationale for imaginal exposure (cont’d)
            • Procedure for imaginal exposure
Day 3 – Saturday, October 28

8:15-8:30  Sign-in

8:30-9:30  Session 3: Imaginal Exposure III
  • 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 (cont’d)

1:45-2:15 Session 10: Final Session
  • Reassessing SUDs, relapse prevention, post-treatment planning

2:15-2:45 Factors that impair effective emotional engagement in exposure: Avoidance
  • 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 (cont’d)
Day 4 – Sunday, October 29

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