



# Prolonged Exposure Therapy for PTSD

A 4-DAY INTENSIVE TRAINING WORKSHOP | FEBRUARY 13-16, 2020  
Northern Alberta Institute of Technology (NAIT) | Edmonton, AB

The Centre for Posttraumatic Stress & Anxiety Treatment is pleased to announce a four-day intensive training workshop in Prolonged Exposure (PE) Therapy for Posttraumatic Stress Disorder.

PE is a manualized cognitive-behavioural treatment for PTSD with an extensive base of empirical support. Numerous controlled studies have shown that PE significantly reduces the symptoms of PTSD in a wide range of trauma survivors. PE is strongly recommended by every major U.S. and international clinical practice guideline for the treatment of PTSD.

## TOPICS COVERED:

- Assessment, diagnosis and psychopathology of PTSD;
- Empirically-supported psychotherapeutic treatments for chronic PTSD and their comparative efficacy;
- Emotional Processing Theory and its relation to PE;
- Implementation of the components of PE, including psychoeducation, breathing retraining, in vivo exposure to trauma reminders, imaginal exposure to trauma memories, and processing of exposures;
- Identification and management of obstacles to effective emotional processing, including avoidance, over-engagement, and under-engagement;

Video vignettes will illustrate the various components of PE, and participants will have an opportunity to practice selected interventions in pairs during break-out sessions.

## INTENDED AUDIENCE:

Licensed mental health professionals or those working under the supervision of a licensed mental health professional. Previous training and experience with cognitive-behavioural therapy is advised.

## COST: **\$1,200.00 plus G.S.T.**

Cost includes the *Prolonged Exposure Therapy for PTSD* Therapist Guide and Workbook, hard copies of workshop slides and assessment materials, and a certificate of completion from the Center for the Treatment and Study of Anxiety at the University of Pennsylvania. A light continental breakfast and morning and afternoon refreshments will be provided each day.

## Register online at [www.cpsat.ca](http://www.cpsat.ca)

Deadline February 1, 2020.

Space is limited to 32 participants.

### WORKSHOP DETAILS:

8:30 a.m. – 4:30 p.m. daily

(breakfast & sign-in 8:00 – 8:30 a.m.)

Productivity and Innovation Centre, Room PIC 234

Northern Alberta Institute of Technology (NAIT)

10210 Princess Elizabeth Ave NW

Edmonton, AB T5G 0Y2

Parking is available on site for \$10-\$13 per day.

### CANCELLATION:

Fees are fully refundable (less an administration charge of \$50 plus G.S.T.) for cancellation requests received prior to February 1, 2020.

### FOR MORE INFORMATION:

[www.cpsat.ca](http://www.cpsat.ca) | [training@cpsat.ca](mailto:training@cpsat.ca) | 780.800.5585

## ABOUT THE TRAINER:

David Paul, Ph.D., is a Registered Psychologist and Co-director of the Centre for Posttraumatic Stress & Anxiety Treatment in Edmonton, AB. He is certified as a Prolonged Exposure Therapist, Supervisor, and Trainer by the Center for the Treatment and Study of Anxiety (CTSA) at the University of Pennsylvania. This workshop is recognized by the CTSA, and qualifies toward CTSA certification as a PE Therapist for participants who complete the required additional case consultation.