

TRAUMA & PROLONGED EXPOSURE TRAINING LEARNING OBJECTIVES

1. Assess PTSD and trauma symptoms
2. Distinguish between PTSD and typical reactions to trauma
3. List risk factors for who is more likely to experience PTSD
4. Describe Common reactions, building resilience and adapting treatment for different conditions
5. Provide psychoeducation for people who have PTSD
6. Explain what psychological first aid is used for
7. Explain the evidence-based treatments for PTSD
8. Explain various cognitive, physiological and behavioral models and treatment strategies used within evidence-based treatments for PTSD
9. Explain the Emotional Processing Theory
10. Explain how Emotional Processing Theory guides Prolonged Exposure Therapy
11. Provide rationale for Prolonged Exposure Therapy
12. Introduce Prolonged Exposure Therapy
13. Identify barriers that could prevent effectively treating PTSD using evidence-based treatments such as under engagement and over engagement.
14. Utilize and explain in-vivo exposure
15. Utilize and explain imaginal exposure
16. Utilize and explain cognitive processing