



Prolonged Exposure Therapy 4-Day Workshop

DATES & LOCATION

March 3-6, 2016

Mid-Pac Country Club

266 Ka'elepulu Dr. Kailua

8am-4pm (Th, F, Sat)

8am-3pm (Sun)

Free Parking

REGISTRATION

includes PE Therapist Manual
and Patient Workbook

Early Bird (Before 2/10/16)

- \$550 - HPA Members
- \$500- HPA Student Members
- \$600- Non-Members

Standard (After 2/10/16)

- \$600- HPA Members
- \$550- HPA Student Member
- \$650- Non- Members

SIGN UP ONLINE:

www.hawaiipsychology.org

OR MAIL CHECK PAYABLE TO:

Hawaii Psychological Association
P.O. Box 833
Honolulu, Hawaii 96808

MORE INFORMATION:

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Hawaii Psychological Association is excited to announce a 4-day training in Prolonged Exposure Therapy. The training will be led by Elizabeth Hembree, Ph.D., a leading expert and researcher in trauma and trauma treatment.

About the Workshop

This workshop will include an introduction to the theoretical underpinnings and supporting evidence for PE, an in-depth instruction of the protocol sessions, demonstrations with video-recorded materials from actual cases, participant use of the therapy materials and role plays, and discussion of common problems for discussion. The workshop is appropriate for psychologists, social workers, counselors, physicians, other healthcare professionals, and students in these fields.

Prolonged Exposure Therapy (PE) is an evidenced-based, manualized protocol effective for the treatment of posttraumatic stress disorder (PTSD). Numerous well-controlled studies over the past two decades have shown that PE significantly reduces the symptoms of PTSD as well as co-morbid symptoms of depression, anger and anxiety. Besides reducing symptoms, PE also instills confidence and a sense of mastery. Clients are better able to discriminate safe and unsafe situations, and experience improvement in many areas of daily functioning.

About the Instructor

Elizabeth Hembree, Ph.D. is Associate Professor of Psychology in the Department of Psychiatry, Perelman School of Medicine, at the University of Pennsylvania. A member of the Penn psychiatry faculty for 15 years, Dr. Hembree's research and clinical work has been primarily focused in the area of anxiety disorders and on the psychological impact of trauma, the treatment of individuals with trauma-related disorders, and the dissemination of cognitive behavioral treatment for posttraumatic stress disorder (PTSD). She was a faculty member in the Center for the Treatment & Study of Anxiety (CTSA), where Prolonged Exposure (PE) was developed, for 20 years, and served as Director of Clinical Training in the CTSA from 1999-2009. Between 2009 and 2013 Dr. Hembree served as Director of Clinical Services of Penn Psychiatry Department's Center for Couples and Adult Families. She has frequently provided workshop trainings in cognitive behavioral treatment of PTSD both in the US and abroad. Her expertise in trauma and PTSD has benefited the US Department of Veterans Affairs and Department of Defense in their efforts to train their mental health workers to provide effective, evidenced based treatments to men and women returning from Iraq and Afghanistan as well as veterans of prior wars. She has published numerous articles and book chapters in the PTSD area.

Need More Reasons to Attend?

- A unique opportunity to learn a treatment protocol from a co-author of the therapy.
- No other treatment for PTSD has this breadth of research supporting its efficacy.
- The American Psychological Association's Division 12, which addresses empirically-supported psychological treatments, concluded that PE has "strong research support," making it a "well-established" treatment for PTSD.
- PE was chosen for national dissemination by the VA and DOD due to its efficacy.
- The Substance Abuse and Mental Health Services Administration (SAMHSA) recommended PE as a model treatment for nationwide use (Nemeroff et al., 2006).
- Upon completion, you will have gained 25 CE credits.
- Therapist Manual and Patient Workbook included in registration cost.
- Certification of attendance in a 25 hour training in a treatment approach which will ultimately help your patients obtain relief from their debilitating PTSD symptoms.

**Register Today!
Space is Limited!**

