

## AGENDA

### Understanding and Treating PTSD: New Research on Brain Changes and Effective Interventions Richard W. Sears, PsyD, ABPP

- 9:00-9:10 Welcome and Introduction
- 9:10- 10:30 **Diagnostic considerations**  
DSM-5 criteria  
Stress versus trauma  
Trauma reactions vs. PTSD  
Biological and neurological aspects  
**General Treatment Considerations**  
The avoidance cycle  
Principles of exposure  
Details are not necessary  
Uncoupling affect from thoughts, memories, and triggers  
Present Centered Therapy: How placebo became treatment
- 10:30-10:40 Morning Break
- 10:40-12:10 **Prolonged Exposure**  
Trauma psychoeducation  
Creating an exposure hierarchy  
Imaginal and in vivo exposure  
**Cognitive Processing Therapy**  
Identifying the beliefs that keep clients stuck  
Assimilated and over-accommodated beliefs  
Importance of Socratic dialogue  
Challenging beliefs: Moving through stuck points  
The 12 sessions of CPT
- 12:10-12:50 Lunch
- 12:50-2:20 **MBCT for PTSD**  
Clinical mindfulness  
Moving into versus avoidance  
The 8 sessions of Mindfulness-Based Cognitive Therapy

2:20-2:30 Afternoon Break

2:30-4:00 **Acceptance and Commitment Therapy**

Creative Hopelessness: Letting go of what doesn't work

The importance of psychological flexibility

The 6 processes of change

The tin can monster exercise

The file cabinet exercise