

FRIDAY FORUM ENCORE

Friday, November 18, 2016

Tracey Lichner, Ph.D., L.P.

INTRODUCTION TO PROLONGED EXPOSURE THERAPY FOR PTSD

Registration: 8:30 – 9:00 a.m.

Program: 9:00 a.m. – 12:00 p.m.

Location: Metropolitan State University

Midway Campus, Room P

1450 Energy Park Drive, St. Paul, MN 55108

About the Program:

This program qualifies for 3.0 continuing education credits.

Prolonged Exposure (PE) Therapy is the most extensively studied psychotherapy for PTSD. Numerous well-controlled studies have shown that PE is highly effective in reducing symptoms of PTSD, depression, anger, and anxiety in trauma survivors. PE has been successfully used to treat individuals with PTSD resulting from a variety of traumas including rape, violent physical assault, childhood sexual abuse, terrorist attacks, combat, motor vehicle accidents and disasters. Over years of testing and development, PE has evolved into an adaptable program of intervention to address the needs of varied trauma survivors. Program participants will learn how PE instills confidence and a sense of mastery, improves various aspects of daily stress, and improves trauma survivors' ability to discriminate safe and unsafe situations. This program is designed for psychologists and other interested health care professionals and is at the intermediate level.

Participants will:

1. Explain the diagnosis and psychopathology of PTSD.
2. Describe the basic techniques of PE to treat PTSD.
3. Identify the theory underlying PE.
4. Describe the research supporting PE treatment.

Please note: You must attend the full 3-hour program to get continuing education credit for the event.

About the Presenter:

Tracey Lichner, Ph.D., L.P., received her doctorate in clinical psychology from The Catholic University of America in Washington, D.C. She serves as clinical director of Rogers Behavioral Health-Minneapolis, which provides partial hospitalization programs for individuals with PTSD, OCD and anxiety, and mood disorders using individualized, evidence-based treatments. She also maintains a private practice in Minneapolis conducting psychotherapy, training, and consultation. Dr. Lichner has trained and supervised mental health professionals in PE internationally, including Minnesota, Philadelphia, California, Canada, and Japan.

About Friday Forum Encores:

Friday Forums cosponsored with Metropolitan State University Psychology Department

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

EARLY BIRD SPECIAL FEES: Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

REGULAR REGISTRATION: Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

CONFIRMATION/CANCELLATION: Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will not receive a written confirmation of your registration. You will be notified by mail, e-mail or telephone only if your selection is filled or cancelled.

ACCESSIBILITY ACCOMMODATIONS: If you need disability related accommodations, including parking, to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.



REFUND POLICY: A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

WEATHER-RELATED CANCELLATION POLICY: On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, www.metrostate.edu. Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952.564.3048.

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Note lower registration fees for 2016!

Name: _____ Degree: _____ Licensure: _____

Institution/Agency: _____

Address: _____

City/State/Zip _____ Please check: Home Work

E-mail: _____

Phone: _____ Please check: Home Work Fax: _____

If you register **by** November 4, select the **Early Bird Registration** Fee: MPA member: **\$45** Non-member: **\$65** Student: **\$15**

If you register **after** November 4, select the **Regular Registration** Fee: MPA member: **\$55** Non-member: **\$75** Student: **\$25**

Total Amount Enclosed: \$ _____

Check (made payable to MPA) Visa MC American Express

All credit card fields are required

Card Number _____ Exp. date _____ Security Code _____

Cardholder Name (print) _____

Cardholder Signature _____

Credit card billing address: Same as above

Address: _____

City/State/Zip _____

Please do not email credit card information. Fax or mail your registration form to protect this information.

or Register online @ www.mnpsych.org

Return To:

Minnesota Psychological Association

5353 Wayzata Blvd. Suite 350

Minneapolis, MN 55416

P: 952.564.3048 • F: 952.252.8096



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LOCATION: Metro State Midway Campus, Room P

Directions: I-94 to Snelling Avenue exit, north on Snelling to Energy Park Drive exit; turn left at stop sign and follow road as it curves around to the Energy Technology Center parking lot. Enter building through east entrance.

Bus Route: 3B (Minneapolis, St. Paul)

