

# Prolonged Exposure Therapy

Learn to treat PTSD caused by rape, sexual abuse, combat, and other traumatic experiences in 8-15 sessions with Treatment Developer

**Professor Edna Foa**

**50 places only.**

**NICE Recommended Therapy.**

This is an incredible opportunity to undertake a four-day training in Prolonged Exposure (PE) therapy for PTSD from the international leader in this NICE recommended treatment. There is no other trainer in the world with higher credentials to teach this therapy. The efficacy and effectiveness of PE was investigated in over 30 random control trials, and up to 80 % of patients get significant reduction in PTSD symptoms. Participants will learn how to conduct the PE components via clear instructions, DVDs demonstrations and role-plays. Participants will also learn how to conduct therapy with the most difficult-to-treat cases, and how to overcome the problems that pull therapy off track.



**Places are restricted to only 50 so that every person gets a chance to learn the techniques thoroughly.**

Professor Foa of the University of Pennsylvania was named as one of TIME magazine's 100 most influential thinkers in 2010 and is the recipient of many awards including a Lifetime Achievement Award from the International Society for Traumatic Stress Studies, and from the Association of Behavioural and Cognitive Therapies. She is making a rare visit to the UK in 2015 and delegates are encouraged to book early for one of the limited places available.

This workshop is suitable for mental health professionals including clinical and counselling psychologists, counsellors, social workers, mental health nurses and CBT practitioners.

**It will contribute 24 hours Continuing Professional Development.**

12<sup>th</sup> – 15<sup>th</sup> October 2015 09.30 – 16.30  
The British Psychological Society  
30-34 Tabernacle Street  
London Finsbury  
EC2A 4UE

Prices including lunch & refreshments  
Until 12<sup>th</sup> September 2015 £960 plus vat  
From 13<sup>th</sup> September 2015 £1,100 plus vat

For more information and to reserve a place visit :-  
[www.stantonltd.co.uk](http://www.stantonltd.co.uk) or [www.grayrock.co.uk](http://www.grayrock.co.uk)

**grayrock**

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