



Evidence-Based Treatment for Posttraumatic Stress Disorder (PTSD): Trauma Management Therapy

*Online training program for
behavioral health clinicians*



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Trauma Management Therapy

This online training program is designed to teach behavioral health clinicians how to use Trauma Management Therapy, a treatment with demonstrated effectiveness for adults suffering from posttraumatic stress disorder.

Specifically, following an understanding of how PTSD is acquired, the mechanics of how to develop and implement effective exposure therapy treatment are presented.

Because of its multidimensional nature, the program also teaches strategies to treat other elements of PTSD, including sleep problems, anger, guilt and moral injury, depression and social isolation.

The training program uses interactive tasks and video modeling to enhance learning.



Educational Objectives

At the end of the training program, participants will be able to:

1. Describe how classical and operant conditioning explains the development and maintenance of PTSD.
2. Explain the rationale for both imaginal and in vivo exposure therapy for PTSD.
3. Identify the steps for conducting imaginal and in vivo exposure therapy for PTSD.
4. Explain the rationale for skills training related to behavioral activation, sleep hygiene, anger management, and social reintegration.
5. Learn to implement each key component of each skills training module.

Target Audiences: Psychologists, Social Workers, Mental Health Counselors, and Licensed Professional Counselors

Instructional Level of the Program: Intermediate

This course includes 6 hours of continuing education (CE) credit and is self-paced. However, the suggested time frame for completion is within one month of initiating the training program.

Cost of the course is \$150 (\$25 per credit).



The UCF Psychology Clinic Advanced Clinical Training Services is approved by the American Psychological Association to sponsor continuing education for psychologists. The UCF Psychology Clinic Advanced Clinical Training Services maintains responsibility for this program and its content.

The content of this program focuses on using an evidence-based intervention, Trauma Management Therapy, to treat adults with PTSD (see peer-reviewed article citations below):

Beidel, D.C., Frueh, B.C., Neer, S.M., & Lejuez, C.W. (2017). The efficacy of Trauma Management Therapy: A controlled pilot investigation of a three-week intensive outpatient program for combat-related PTSD. *Journal of Anxiety Disorders, 50*, 23-32.

Beidel, D.C., Stout, J.W., Neer, S.M., Frueh, C.B., & Lejuez, C. (2017). An intensive outpatient treatment program for combat-related PTSD: Trauma Management Therapy. *Bulletin of the Menninger Clinic, 81*, 107-122.

Beidel, D.C., Frueh, B.C., Neer, S.M., Bowers, S.M., Bowers, C.A., Trachik, B., Uhde, T.W., Grubaugh, A. (2019). Trauma Management Therapy with virtual-reality augmented exposure therapy for combat-related PTSD: A randomized controlled trial. *Journal of Anxiety Disorders, 61*, 64-74.

Beidel, D.C., Neer, S.M., Bowers, C.A., Newins, A.R., Tuerk, P.W., Cunningham, C.A., Mooney, S.R., Hauck, H.N., & Jett, M. (2020). Trauma Management Therapy and Prolonged Exposure Therapy for PTSD in an Active Duty sample: Design and methodology of a randomized clinical trial. *Contemporary Clinical Trials Communications, 17*, 100491.

Potential Conflicts of Interest: None



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Dr. Deborah Beidel is the director of UCF RESTORES, and a University of Central Florida Trustee Chair and Pegasus Professor of Psychology and Medical Education. She is recognized internationally for her work in developing and testing the effectiveness of treatment for PTSD and other anxiety related disorders.

To register for this program, send an email to TMTTraining@ucf.edu. You will receive directions on how to access and pay for the training, and a code number to log in to the training site. This code number can only be used by one person.



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