

2026 TRAUMA TRAINING - LEARNING OBJECTIVES

- Assess PTSD and trauma symptoms
- Distinguish between PTSD and typical reactions to trauma
- List risk factors for who is more likely to experience PTSD
- Describe Common reactions, building resilience and adapting treatment for different conditions
- Provide psychoeducation for people who have PTSD
- Explain what psychological first aid is used for
- Explain the evidence-based treatments for PTSD
- Explain various cognitive, physiological and behavioral models and treatment strategies used within evidence-based treatments for PTSD
- Explain the Emotional Processing Theory
- Explain how Emotional Processing Theory guides Prolonged Exposure Therapy
- Provide rationale for Prolonged Exposure Therapy
- Introduce Prolonged Exposure Therapy
- Identify barriers that could prevent effectively treating PTSD using evidence-based treatments such as under engagement and over engagement.
- Utilize and explain in-vivo exposure
- Utilize and explain imaginal exposure
- Utilize and explain cognitive processing

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