

# UNC School of Social Work Clinical Lecture Institutes 2018-2019

**Thursday, October 18, 2018**

9:00 am–4:30 pm • SSW Auditorium

## **Prolonged Exposure Therapy for PTSD: Approaching What Matters**

*with Tiffany Hopkins, PhD*

Prolonged Exposure (PE) is a specific type of cognitive behavioral therapy that teaches individuals how to approach trauma-related memories, feelings, and situations, reducing their impact. In this workshop, Tiffany Hopkins provides background on PE and teaches specific procedures that help clients to approach their trauma using imaginal exposure and in vivo exposure, and to contend with emotions that arise. Dr. Hopkins will convey this with a mix of didactic material, case discussion, and participant role plays.



**Tiffany Hopkins, PhD**, is an Assistant Professor and Clinical Psychologist within UNC's Center for Women's Mood Disorders. Her current clinical specialties are in trauma recovery, women's health, and perinatal psychologist. She has extensive experience and training in Prolonged Exposure, Dialectical Behavior Therapy, Cognitive Processing Therapy, and STAIR/NST for trauma. She was previously employed by the Durham VA Medical Center, where she completed her postdoctoral fellowship in the Trauma Recovery Program within the Women's Health and Male Military Sexual Trauma clinics. Additionally, Dr. Hopkins participated in the national rollout for the dissemination of Prolonged Exposure and Cognitive Processing Therapy by the National Center for PTSD.

**Pre-registration is required for attendance. Early bird prices available for each workshop!**

For more information and to pre-register, please visit <http://cls.unc.edu>

Questions? Contact Debbie Barrett at 919-843-5818 / [dbarrett@unc.edu](mailto:dbarrett@unc.edu)

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