

PROLONGED EXPOSURE THERAPY FOR COMBAT-RELATED PTSD: 20 YEARS OF PROGRESS

Presenter: Alan L. Peterson, Ph.D., ABPP

**Friday, November 7, 2025 ♦ 12:00pm – 2:00pm EST
ZOOM Webinar**

Combat-related posttraumatic stress disorder (PTSD) includes many unique features that are not present in most civilian traumas. This didactic presentation will start with a clinical case of treating combat-related PTSD while the presenter was deployed with the U.S. military in 2004 using an adapted version of prolonged exposure therapy. The presentation will then review a series of iterative research projects that have been conducted over the past 20 years to advance the science on the use of various adaptations of prolonged exposure for the treatment of PTSD. The presentation will conclude with a review of the current research gaps and the need for additional research.

Level of Curriculum Content: Intermediate

Zoom at a Glance

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

ABOUT THE PRESENTER

Alan L. Peterson, PhD, ABPP is a Professor and the Chief of the Division of Behavioral Medicine in the Department of Psychiatry & Behavioral Sciences at the University of Texas Health Science Center at San Antonio. He is the Director of the STRONG STAR consortium, which includes over 150 research collaborators and 50 institutions worldwide. He retired from the U.S. Air Force in 2005 after 21 years of active duty service including deployments in support of Operations Noble Eagle, Enduring Freedom, and Iraqi Freedom. He has clinical and research expertise in the areas of behavioral medicine, psychological trauma, and resiliency. He has published 7 books, over 385 scientific manuscripts, and given over 700 presentations and invited addresses at national and international meetings.

PROGRAM OBJECTIVES

Participants will be able to:

- Describe the unique aspects of posttraumatic stress disorder (PTSD) related to military deployments and combat or war-related trauma exposure
- List the primary components of prolonged exposure treatment for PTSD
- Outline modifications to the standard prolonged exposure treatment protocol to address the unique aspects of combat-related PTSD

PROGRAM AGENDA

12:00pm – 12:15pm	Review of the state of the science on the treatment of combat-related PTSD after 9/11/2001
12:15pm – 12:30pm	Unique aspect of combat-related PTSD
12:30pm – 12:55pm	Case presentation of treating combat-related PTSD in Iraq
12:55pm – 1:10pm	The establishment of the STRONG STAR PTSD Research Consortium
1:10pm – 1:20pm	Initial studies of Prolonged Exposure (PE) for combat-related PTSD
1:20pm – 1:30pm	Second-wave studies PE for combat-related PTSD
1:30pm – 1:40pm	Third-wave studies PE for combat-related PTSD
1:45pm – 1:50pm	Combining Medications and medical devices with PE for combat-related PTSD
1:50pm – 2:00pm	Future directions

For additional information on continuing education policies, please visit our web site at <https://psychology.nova.edu/ce>

CONTINUING EDUCATION INFORMATION

Psychologists: Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

Clinical social workers, mental health counselors, and marriage and family therapists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/27.

School psychologists: Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/27.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

Professional counselors: Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling (clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program.

NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC) to award associate's, baccalaureate, master's, educational specialist, doctorate, and professional degrees. Nova Southeastern University also may offer credentials such as certificates and diplomas at approved degree levels. Questions about the accreditation of Nova Southeastern University may be directed in writing to the Southern Association of Colleges and School Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or by calling (404) 679-4500, or by using information available on SACSCOC's website (www.sacscoc.org). The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) programs are accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: apaaccred@apa.org, Web: www.apa.org/ed/accreditation. The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology holds the designation of National Recognition by the National Association of School Psychologists (NASP).

For additional information regarding our Nondiscrimination Policy, please visit the following link:

<https://psychology.nova.edu/ce/index.html#UniversityEqualOpportunityNondiscriminationStatement5>