

Reclaiming Your Life From A Traumatic Experience A Prolonged Exposure Treatment Program Workbook Treatments That Work

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A significant treatment gap exists for incarcerated men with lifetime traumatic experiences. A small research base for trauma interventions for incarcerated women is emerging, but incarcerated men have largely been ignored. Men comprise 90% of the incarcerated population and are at the greatest risk to be re-arrested for a new crime after release. This therapist guide of prolonged exposure (PE) treatment is accompanied by the patient workbook, *Reclaiming Your Life from a Traumatic Experience*. The treatment and manuals are designed for use by a therapist who is familiar with cognitive behavioral therapy (CBT) and who has undergone an intensive training workshop for prolonged exposure by experts in this therapy.