



## Advanced Training in the Dialectical Behavior Therapy Prolonged Exposure Protocol for PTSD

Virtual Live Training | March 3-5, 2021 | 7am-3pm PST/10am-6pm EST  
Melanie Harned, PhD, ABPP & Lorie Ritschel, PhD

### Description

This 3-day virtual live workshop is intended for experienced DBT clinicians who are seeking additional training and consultation in applying the skills and strategies of the DBT Prolonged Exposure (DBT PE) protocol for PTSD. The training will include customized instruction on topics requested by participants. Potential topics may include (but are not limited to) case formulation, treating traumatic invalidation, troubleshooting common problems, and using DBT PE with diverse populations (e.g., adolescents, people of color, sexual and gender minorities, Veterans). In addition, trainers will provide in-depth consultation on up to 5 clinical cases. Participants wishing to receive case consultation will be required to complete a detailed case formulation in advance of the training. The trainers will select the clinical cases that best highlight the challenges and topics most relevant to the group, and selected participants will receive in-depth consultation on their case at the workshop. All attendees will be asked to evaluate the case information and join in discussion about specific cases.

### Learning Objectives

As a result of this training, participants will be able to:

1. Explain the most up-to-date research on DBT PE.
2. Determine areas for improvement in your practice of DBT PE.
3. Prepare a DBT PE case formulation.
4. Use a case formulation approach to deliver DBT PE.
5. Understand the principles underlying DBT PE.
6. Deliver DBT PE in a principle-driven manner.
7. Troubleshoot problems that may arise during DBT PE.
8. Deliver the DBT PE protocol with greater adherence and competence.
9. Tailor the delivery of DBT PE to the characteristics of individual clients.
10. Evaluate the use of DBT PE in your own and others' cases.

### Who Should Attend

This advanced workshop is intended for mental health professionals who:

- Have received DBT Intensive or Foundational training (or equivalent).
- Have previously attended an Intensive Training in DBT PE.
- Are using DBT PE in their clinical practice.
- Are willing to have their work observed via role-plays and receive feedback.

## Schedule (all times are in Pacific Standard Time)

<b>Day One – Wednesday, March 3<sup>rd</sup></b>	
6:30 – 7:00	Login and Test Zoom Set-Up
7:00 – 8:30	Overview of the Treatment & Research Update Training Needs Assessment
8:30 – 9:00	Break
9:00 – 10:30	Case Formulation Approach to DBT PE
10:30 – 11:30	Lunch
11:30 – 1:00	Case Consultation #1
1:00 – 1:30	Break
1:30 – 2:45	Customized Topic #1
2:45 – 3:00	Q&A, Completion of Evaluation, and Log-Out

<b>Day Two – Thursday, March 4<sup>th</sup></b>	
6:30 – 7:00	Login and Test Zoom Set-Up
7:00 – 8:30	Case Consultation #2
8:30 – 9:00	Break
9:00 – 10:30	Customized Topic #2
10:30 – 11:30	Lunch
11:30 – 1:00	Case Consultation #3
1:00 – 1:30	Break
1:30 – 2:45	Customized Topic #3
2:45 – 3:00	Q&A, Completion of Evaluation, and Log-Out

<b>Day Three – Friday, March 5<sup>th</sup></b>	
6:30 – 7:00	Login and Test Zoom Set-Up
7:00 – 8:30	Case Consultation #4
8:30 – 9:00	Break
9:00 – 10:30	Customized Topic #4
10:30 – 11:30	Lunch
11:30 – 1:00	Case Consultation #5
1:00 – 1:30	Break
1:30 – 2:45	Customized Topic #5
2:45 – 3:00	Q&A, Completion of Evaluation, and Log-Out

**\*Note:** If fewer than 5 case consultations are submitted, we will add more customized teaching topics to those slots.

## Case Consultation

Participants interested in receiving in-depth case consultation at the workshop will be required to:

- Prepare a brief PowerPoint presentation to present the case at the workshop.
- Prepare a role-play or play a session recording highlighting a common problem that occurs in treatment with the case.
- Receive feedback from the trainers in front of the group at the workshop.

Please read the [DBT PE Case Consultation instructions](#) to learn more about what is involved.

To be considered for case consultation, please submit a completed [DBT PE Case Formulation worksheet](#) by **February 7, 2021** to [mharned@dbtpe.org](mailto:mharned@dbtpe.org). Participants selected to present a case and receive consultation at the training will be informed by **February 14, 2021**.

## Trainers

**Melanie Harned, PhD, ABPP** is a Psychologist and Coordinator of the DBT Program at the VA Puget Sound Health Care System as well as an Associate Professor in the Department of Psychiatry and Behavioral Sciences and Adjunct Associate Professor in the Department of Psychology at the University of Washington. Dr. Harned has previously worked as the Research Director of Dr. Marsha Linehan's Behavioral Research and Therapy Clinics at the University of Washington (2006-2018), Director of Research and Development for Behavioral Tech, LLC (2014-2017), and Director of Behavioral Tech Research, Inc. (2013-2016). Dr. Harned's research focuses on the development and evaluation of the DBT Prolonged Exposure protocol for PTSD as well as methods of disseminating and implementing this and other evidence-based treatments into clinical practice. She regularly provides training and consultation nationally and internationally in DBT and DBT PE and has published numerous articles and book chapters on these treatments. She is a certified DBT therapist, a certified PE therapist and supervisor, is board certified in Behavioral and Cognitive therapy, and is licensed as a psychologist in the state of Washington.

**Lorie Ritschel, PhD** earned her doctorate in Clinical Psychology from the University of Kansas, and she completed postdoctoral fellowships at Duke University Medical Center and Emory University School of Medicine. She is a faculty member in the Department of Psychiatry of the University of North Carolina at Chapel Hill School of Medicine, where she directs the CBT training program for psychiatry residents. In addition, she holds a faculty appointment at Duke University in the School of Nursing. Dr. Ritschel is a certified DBT therapist through the DBT-LBC and is an expert trainer of DBT and the DBT Prolonged Exposure protocol. She provides training and consultation in CBT, DBT, PE, and Behavioral Activation as well as educational trainings in self-injury, suicide, borderline personality disorder, mood disorders, mindfulness, and hope. She is a co-founder of the Triangle Area Psychology Clinic (TAP), an outpatient clinic in Durham, NC that specializes in DBT and other empirically supported treatments for adolescents, adults, couples, and families. At TAP, Dr.

Ritschel directs the clinical training program for graduate students and postdoctoral fellows. She is particularly passionate about working with emotionally dysregulated adolescents and their families.

## Cost

- *Early Bird Discount*: for registrations received and paid by January 15, 2021 – **\$1,095 per person**
- *Standard Price*: for registrations received and paid by March 1, 2021 – **\$1,195 per person**

Prices are quoted in US dollars. This fee covers the cost of the workshop and supporting materials, which will include electronic copies of the slide handouts, DBT PE treatment forms and worksheets, and additional training materials that will be emailed to you prior to the workshop.

## Registration and Payment

Registration and payment can be completed via Eventbrite at: <https://www.eventbrite.com/e/advanced-training-in-dbt-pe-registration-129151133517>

Workshop fees are refundable up to 30 days before the event.

## Continuing Education Information

Continuing Education (CE) credits are being offered for this workshop by Antioch University Seattle as described below.

**Washington State** - 18 CE credits will be available to licensed marriage and family therapists, licensed mental health counselors, licensed social workers, and psychologists within Washington State. Late arrivals or early departures will NOT receive CE credit.

Workshops offered by Antioch University Seattle are recognized as continuing education activities under the rules adopted by the Washington State Examining Board of Psychology (WAC 246-924-240) and the Licensed Counselors Advisory Committee (WAC 246-809-620).

**Outside of Washington State** - CE credit policy can vary from state to state. Participants licensed outside of Washington state should check with their state licensing board and/or professional affiliation boards to determine if this workshop qualifies for CE credit.

All participants are expected to attend the full course in order to receive credit. Participants are required to sign in online at the beginning and conclusion of the course and participate fully in the course, Q&A and any assessments given by the presenters.

Questions about the CE credits for this event can be directed to Ingrid Ingerson: [iingerson@antioch.edu](mailto:iingerson@antioch.edu)

## Other Information

The workshop will be held via Zoom video conferencing platform. You will be sent information with instructions for logging in prior to the workshop.

All participants will be required to sign a Video Privacy Agreement prior to being admitted to the training. This agreement can be completed in the online registration.