DBTPE

Intensive Training in the Dialectical Behavior Therapy Prolonged Exposure Protocol for PTSD

Virtual Live Training | April 26-29, 2022 | 7:00am – 3:30pm PST
Melanie Harned, PhD, ABPP & Lorie Ritschel, PhD

Description

This 4-day virtual live workshop is designed to provide intensive training in how to integrate PTSD treatment into standard DBT. Participants will learn the DBT Prolonged Exposure (DBT PE) protocol for treating PTSD, one of the newest developments in DBT research and practice. Research has shown that this protocol can be added to DBT to allow for integrated treatment of PTSD, suicidal and self-injurious behavior, and other co-occurring problems. Participants will learn how to use DBT strategies to prepare high-risk and multi-problem clients for the DBT PE protocol as well as how to determine when clients are ready to begin formal PTSD treatment. The structure and procedures of the DBT PE protocol will be taught in a session-by-session format with extensive opportunities to watch video examples and practice delivering each of the primary treatment components. Particular attention will be paid to discussing strategies for overcoming common problems that arise during PTSD treatment with high-risk and multi-problem clients as well as how to tailor the treatment to address the complex characteristics of this client population.

Learning Objectives

As a result of this training, participants will be able to:
1. Explain the rationale for developing the DBT PE protocol.
2. Describe the evidence base supporting DBT PE.
3. Identify DBT strategies to use to prepare high-risk and multi-problem clients for DBT PE.
4. Determine if clients are ready for formal PTSD treatment.
5. Explain the treatment rationale (i.e., how PTSD is maintained and how DBT PE works to reduce PTSD).
6. Conduct the Trauma Interview and select traumatic events to target via imaginal exposure.
7. Provide psychoeducation about common dialectical reactions to trauma.
8. Explain the rationale for using in vivo exposure to treat PTSD.
9. Develop an in vivo exposure hierarchy.
10. Explain the rationale for using imaginal exposure to treat PTSD.
11. Conduct imaginal exposure.
12. Conduct processing of imaginal exposure.
13. Describe the typical pattern of change in emotions over the course of DBT PE.
14. Determine when to pause and resume DBT PE to address higher-priority problems.
15. Address avoidance that interferes with exposure.
16. Address emotional over- and under-engagement during exposure.
17. Address stuck beliefs and emotions that interfere with reducing PTSD.
18. Teach skills for preventing and managing a relapse of PTSD.

Who Should Attend

This advanced workshop is intended for mental health professionals who:
- Have received DBT Intensive or Foundational training (or equivalent),
- Currently provide DBT individual therapy to adolescents or adults, and
- Agree to read the DBT PE manual prior to the training:
  - Harned, M. S. (2022). *Treating trauma in Dialectical Behavior Therapy: The DBT Prolonged Exposure protocol (DBT PE).* New York, NY: Guilford Press.

Location

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

Schedule (all times are in Pacific Standard Time)

Day One	
6:30 – 7:00	Login and Test Zoom Set-Up
7:00 – 8:30	Overview of the Treatment and Research Support
8:30 – 9:00	Break
8:45 – 10:30	Using DBT to Prepare Clients for PTSD Treatment
10:30 – 11:30	Lunch
11:30 – 1:00	Determining Readiness to Begin the DBT PE Protocol
1:00 – 1:30	Break
1:30 – 3:15	DBT PE Session 1: Treatment Rationale
3:15 – 3:30	Q&A, Completion of Evaluation, and Log-Out

Day Two	
6:30 – 7:00	Login and Test Zoom Set-Up
7:00 – 8:30	DBT PE Session 1: Trauma Interview, Commitments, and DBT Skills Plan
8:30 – 9:00	Break
8:45 – 10:30	DBT PE Session 2: Psychoeducation and Rationale for In Vivo Exposure
10:30 – 11:30	Lunch
11:30 – 1:00	DBT PE Session 2: In Vivo Exposure Hierarchy and Assigning Homework; Optional Joint Session
1:00 – 1:30	Break
1:30 – 3:15	DBT PE Session 3: Rationale for Imaginal Exposure

| 3:15 – 3:30 | Q&A, Completion of Evaluation, and Log-Out |

Day Three	
6:30 – 7:00	Login and Test Zoom Set-Up
7:00 – 8:30	DBT PE Session 3+: Conducting Imaginal Exposure
8:30 – 9:00	Break
8:45 – 10:30	DBT PE Session 3+: Conducting DBT-Informed Processing
10:30 – 11:30	Lunch
11:30 – 1:00	The Course of Change in DBT PE: Treatment Responders & Non-Responders
1:00 – 1:30	Break
1:30 – 3:15	The Course of Change in DBT PE: Treatment Responders & Non-Responders (Cont.)
3:15 – 3:30	Q&A, Completion of Evaluation, and Log-Out

Day Four	
6:30 – 7:00	Login and Test Zoom Set-Up
7:00 – 8:30	Addressing Common Problems
8:30 – 9:00	Break
8:45 – 10:30	Addressing Common Problems (Cont.)
10:30 – 11:30	Lunch
11:30 – 1:00	Addressing Common Problems (Cont.)
1:00 – 1:30	Break
1:30 – 3:15	DBT PE Final Session(s): Relapse Prevention and Consolidation, Stage 3
3:15 – 3:30	Q&A, Completion of Evaluation, and Log-Out

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 March 15, 2022 – **$1,495 per person**
- *Standard Price:* for registrations received and paid by April 24, 2022 – **$1,595 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 and additional training materials that will be emailed to you prior to the workshop.

Scholarships

Ten scholarships (typically a 50% discount) are available for clinicians who: (1) cannot afford to pay the full registration fee, and (2) work primarily with NIH-designated health disparity populations. Scholarship applications are due by March 1, 2021 and can be downloaded here: https://dbtpe.org/training/2022/dbt-pe-intensive-training-april2022

Registration and Payment

Registration and payment can be completed via Eventbrite at https://www.eventbrite.com/e/intensive-training-in-dbt-pe-registration-251717352377

Workshop fees are refundable up to 30 days before the event (minus Eventbrite's fee).

Continuing Education Information

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

Washington State - 26 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

Other Information

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.