



Using the DBT Prolonged Exposure Protocol for PTSD with Adolescents

Virtual Live Training | June 16, 2023 | 7:00am – 3:30pm PST/10:00am – 6:30pm EST
Lorie Ritschel, PhD

Description

This one-day virtual live workshop is intended for clinicians who are seeking advanced training in how to apply the DBT Prolonged Exposure protocol (DBT PE) for PTSD with high-risk and multi-problem adolescents. Participants will learn about some of the nuanced issues that arise in providing trauma treatment with this population as well as options for addressing common challenges. The workshop will begin with an overview of treatments and assessments for PTSD in youth, including a brief review of DBT PE and PE for adolescents.

Participants will then learn about issues unique to using DBT PE with adolescents, including:

- Assessing readiness for DBT PE (youth and family)
- Involving families in DBT PE: getting consent, making trauma-related disclosures, orienting to treatment, and leveraging family to support the treatment
- Addressing family therapy interfering behaviors
- Issues to consider with risk and mandatory reporting
- Environmental variables that impact treatment: schools, friends, and social media
- Working with adolescents who aren't ready or willing to treat PTSD

Learning Objectives

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

1. Describe ways to assess trauma symptoms and PTSD in youth.
2. Describe the evidence base supporting trauma treatments for youth.
3. Identify 3 issues to consider regarding consenting minors for DBT PE.
4. Explain different ways to leverage family support in DBT PE.
5. Understand risk and mandatory reporting issues that may arise in DBT PE.
6. Identify alternative options to PTSD treatment for Stage 2 work.

Who Should Attend

This advanced workshop is intended for mental health professionals who:

- Have general training in working with minors, including basic consent procedures as well as some understanding of cognitive and emotional development through adolescence.
- Have received DBT Intensive or Foundational training (or equivalent) *and* have basic knowledge about how to apply DBT with adolescents.
- Have previously attended a 4-day Intensive Training in DBT PE (or equivalent).
- Are using DBT PE with adolescents in their clinical practice, or plan to do so soon.
- 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)

6:30 – 7:00	Login and Test Zoom Set-Up
7:00 – 8:30	Overview of Treatments and Assessments for Youth PTSD Assessing Readiness for PTSD Treatment (Youth and Family) Choosing an Appropriate PTSD Treatment Overview of DBT PE and PE for Adolescents
8:30 – 9:00	Break
9:00 – 10:30	Involving Families in DBT PE
10:30 – 11:30	Lunch
11:30 – 1:00	Addressing Family Therapy-Interfering Behaviors Risk and Reporting Issues
1:00 – 1:30	Break
1:30 – 3:00	Environmental Factors that Impact Treatment Other Options for Stage 2: When Adolescents Don't Want to Treat PTSD
3:00 – 3:30	Q&A, Completion of Evaluation, and Log-Out

Trainer

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 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 co-directs the clinical training program for graduate students and postdoctoral fellows. In addition, she is a faculty member in the Department of Psychiatry of the University of North Carolina at Chapel Hill School of Medicine, where she teaches empirically-supported treatments to residents and consults to the UNC TEACCH Autism Program. 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 particularly passionate about working with emotionally dysregulated adolescents and their families.

Cost

- *Early Bird Discount:* for registrations received and paid by April 15, 2023 – **\$375 per person**
- *Standard Price:* for registrations received and paid by June 15, 2023 – **\$425 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

Five 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 April 7, 2023 and can be downloaded here: <https://dbtpe.org/training/2023/dbtpe-adolescents>.

Registration and Payment

Registration and payment can be completed via Eventbrite at <https://dbtpe-adolescents.eventbrite.com>.

Workshop fees are refundable up to 30 days before the event (minus Eventbrite's ~6% processing fee).

Continuing Education Information

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

Washington State - 6 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: ingerson@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.