



Using DBT PE with Autistic Individuals

Webinar | April 15, 2024 | 9-10:30am PT/12-1:30pm ET

Instructor: Lorie Ritschel, PhD

Moderator: Melanie Harned, PhD, ABPP

Description

DBT PE providers are trained to work with clients with PTSD who have complex clinical presentations, and successful treatment relies heavily on solid case formulation skills. But what about when the client is autistic? Mental health providers often lack training in autism and are unsure if or how to modify evidence-based treatments effectively for autistic individuals. In addition, many clinicians are not well-trained in neurodiversity-affirming approaches to treatment and case formulation. Of particular relevance to DBT PE, it is important for clinicians to consider how being neurodiverse in a neurotypical world can result in repeated experiences of traumatic invalidation. In this webinar, Dr. Ritschel will provide a broad overview of autism, including the strengths and challenges associated with being autistic in the modern world. Next, she will discuss ways in which treatment can be adapted to be more effective and affirming for autistic individuals based on their learning styles, sensory sensitivities, and areas of interest. She will review the existing literature on recommended guidelines for treating trauma and using exposure-based techniques with autistic clients. Lastly, she will discuss how to apply these principles when using DBT PE with autistic clients.

Learning Objectives

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

1. Describe two or more characteristics of autism that should be taken into account when considering or using DBT PE with autistic clients.
2. Describe three or more potential modifications to DBT PE that may make it more accessible or effective for autistic clients.
3. Understand how a neurodiverse identity can be conceptualized through the lens of traumatic invalidation.

Who Should Attend

This webinar is intended for mental health professionals and trainees who are very familiar with DBT and DBT PE. Some familiarity with autism is helpful, but not required.

Location

The webinar will be held via Zoom video conferencing platform. Instructions for logging in will be sent via email prior to the webinar.

Instructor

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

Webinar Registration Fee (required):

- *Early Bird Discount:* for registrations paid by March 1, 2024 – **\$45 per person**
- *Standard Price:* for registrations paid by April 15, 2024 – **\$55 per person**

This fee covers the cost of the webinar, electronic copies of the materials, and 2 months of access to the webinar recording. The fee is the same for those who attend the live event and those who only intend to access the webinar recording.

Continuing Education Credits (optional for those who attend the live webinar):

- *Continuing Education Credits* - **\$10 per person**

This fee covers the cost of 1.5 Continuing Education credits that will be offered by Antioch University Seattle. CE credits must be registered and paid for separately via Antioch University's website (see details below). **CE credits are only available if you attend the live webinar.** No CEs are available for viewing the webinar recording.

Registration and Payment

Webinar Registration:

Registration and payment for the webinar can be completed via Eventbrite at:

<https://dbtpe-autism-webinar.eventbrite.com>

Webinar fees are non-refundable.

Continuing Education Credits Registration:

Registration and payment for Continuing Education credits can be completed via Antioch University here: <https://ce.antioch.edu/dbtapr24>

CE fees are fully refundable up to 7 days before the event. Cancellations received between 6 and 3 days before the event are entitled to a 50% refund. Cancellations 2 or less days before the event will not be eligible for a refund.

Continuing Education Information

Continuing Education (CE) credits are being offered for this workshop by Antioch University Seattle as described below. **CE credits are only available to people who attend the live event.**

Washington State – 1.5 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:

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