



Building the Ability to Experience Emotions Without Avoiding: Using Informal Exposure in Stage 1 DBT

Webinar | October 17, 2022 | 9-10:30am PT/12-1:30pm ET
Melanie Harned, PhD, ABPP

Description

For many clients in DBT, a core problem that fuels their suffering is extreme emotional avoidance. Clients are often terrified to experience their emotions because they fear that doing so will lead to dysregulated behavior, intolerable pain, and rejection by others. Efforts to avoid the experience of emotion contribute to many of the problems addressed in DBT such as life-threatening and other self-destructive behaviors, emotion dysregulation, and posttraumatic stress disorder (PTSD). In this webinar, strategies for building clients' willingness and ability to experience rather than avoid emotions during Stage 1 DBT will be reviewed. Emphasis will be placed on the use of informal exposure to break the habit of emotional avoidance and facilitate new learning about emotional experiencing. A step-by-step approach to conducting informal exposure during DBT sessions in a way that optimizes its effectiveness will be presented. Finally, strategies for evaluating clients' ability to experience intense emotions without escaping, an important indicator of readiness for Stage 2 PTSD treatment, will be discussed.

Learning Objectives

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

1. Describe how emotional avoidance contributes to many of the problems addressed in DBT.
2. Explain how to conduct informal exposure.
3. Identify strategies for evaluating clients' ability to experience emotions without avoiding.

Who Should Attend

This webinar is intended for mental health professionals and trainees who are familiar with DBT.

Location

The webinar will be held via Zoom video conferencing platform and will be recorded. Those who purchase the option to attend the live webinar will be sent information with instructions for logging in prior to the webinar.

Instructor

Melanie Harned, PhD, ABPP is a Psychologist and Coordinator of the DBT Program at the VA Puget Sound Health Care System, Seattle Division 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 (DBT PE) 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 extensively 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.

Cost

There are two options for registering for this webinar.

- **Attend the live webinar (includes CEs):** \$55 per person.
 - This option includes attendance at the live webinar, 1.5 hours of Continuing Education (CE) credits, electronic copies of the materials, and 2 months of access to the webinar recording.

- **Webinar recording only (no CEs):** \$45 per person.
 - This option includes electronic copies of the materials and 2 months of access to the webinar recording. No CEs are available for the recording-only option.

Registration and Payment

Registration and payment can be completed via Eventbrite at:
https://webinar_informalexp.eventbrite.com

Webinar fees are non-refundable.

Continuing Education Information

Continuing Education (CE) credits are being offered for this workshop by Antioch University Seattle as described below. To be eligible for CE credits, participants must attend the live webinar in full. No CE credits are available for watching the webinar recording.

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:
iingerson@antioch.edu