

**SUBJECT: REGISTRATION OPEN: Live Webinar with Dr. Melanie Harned on Treating PTSD in DBT: The DBT Prolonged Exposure Protocol**

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## **Treating PTSD In Dialectical Behavior Therapy: The DBT Prolonged Exposure Protocol**

**June 3, 2022 @ 9AM-10AM PT, 11AM-12PM CT, 12PM-1PM ET**

### **[REGISTER HERE](#)**

If you are unable to attend the webinar live, you can still register and will be provided access to the entire webinar following the live date.

Please note, to receive CE credit, you must attend the webinar live

Dialectical Behavior Therapy (DBT) was originally developed to treat chronically suicidal and self-injuring individuals with multiple mental disorders and pervasive emotion dysregulation. From its inception, DBT has highlighted the role of trauma as a common etiological factor and posttraumatic stress disorder (PTSD) as an important treatment target for many clients who receive this treatment. The first two decades of DBT treatment development and research primarily focused on Stage 1 DBT to target behavioral dyscontrol, and DBT's Stage 2 in which PTSD is targeted was left largely undeveloped. As a result, formal treatment of PTSD during DBT has historically been the exception rather than the norm. The DBT Prolonged Exposure (DBT PE) protocol, an adapted version of Prolonged Exposure (PE) therapy, was developed specifically to provide a structured method of treating PTSD within DBT. In this webinar, the rationale for and structure of the integrated DBT and DBT PE treatment will be described and the criteria for determining when a Stage 1 client is ready to begin DBT PE will be reviewed. The core procedures of DBT PE will be explained, including how in vivo exposure, imaginal exposure, and processing are used to treat PTSD. Finally, research findings supporting the safety and effectiveness of the treatment will be presented.

#### **Learning Objectives:**

1. Describe the rationale for integrating PTSD treatment into DBT.
2. Explain the core procedures of the DBT PE protocol.
3. Review research findings evaluating the safety and effectiveness of the treatment.

**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 is licensed as a psychologist in the state of Washington.

The [DBT PE Manual](#) has recently been release and if you have not purchased yours yet, this is a great time to purchase it ahead of the webinar.

**Our Intention.** 100% of your registration cost (\$30) will be directed to support DBT-LBC, a non-profit and mostly volunteer agency, whose members work tirelessly to educate, promote awareness of standardized DBT treatment for suicide, increase affordability and availability of standardized DBT and make inroads at state legislative levels. DBT-LBC also provides scholarships to clinicians, agencies and programs needing help with certification costs. There are decades of research demonstrating DBT as a gold standard treatment for those struggling with chronic suicidal thoughts, feelings, and behaviors for all ages. Still, affordable, and standardized DBT is hard to find, as there are not enough therapists providing comprehensive and standardized DBT. The overarching aim of the DBT-Linehan Board of Certification is to provide to the public at large and to relevant stakeholders a source that identifies providers and programs that have gone through a rigorous process to become certified based on the high standards patterned after the evidenced based model.

**CEUs.** CEs from NBCC will be offered through one of our sponsors, [Portland DBT Institute](#). Participants will receive 1 CE for attending this presentation. *In order to receive CE credit, you must attend the webinar live.*

If you are unable to attend the webinar and would like to make a donation to DBT-LBC to help further the mission and you can [Donate Here](#) . All donations will further DBT-LBC's critical cause exponentially Help us link clients in need of DBT as it was designed to be delivered. Marsha Linehan fully supports this mission, and a donation in any amount helps.

**\*\*If you register and do not receive a link to the webinar, please first check your spam and search for an email from Belinda [Bellet-drbellet@bhbehavioralassociates.com](mailto:Bellet-drbellet@bhbehavioralassociates.com). If you do not have the email in your spam, please email Kristy G at [kristyg@dbt-lbc.org](mailto:kristyg@dbt-lbc.org) at least 48 hours prior to the start of the webinar.**



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