



## Lorie Ritschel, PhD

Dr. Ritschel 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.