



Observing Limits: Creating Sustainability in Trauma Work

Webinar | December 5, 2022 | 9-10:30am PT/12-1:30pm ET

Instructor: Annie McCall, LMHC

Moderator: Melanie Harned, PhD, ABPP

Description

While providing trauma-focused treatment can be very meaningful and rewarding, it also creates special challenges for therapists, especially when working with clients who have histories of life-threatening behaviors and severe interpersonal trauma. The therapeutic relationship is often a powerful component in treating clients' trauma and, as such, runs the risk of overwhelming the therapist if not attended to mindfully. The ability to sustain trauma work requires therapists to be aware of their own limits and be skilled at communicating and maintaining them with clients. In this webinar, we will explore the DBT Observing Limits Procedures and identify strategies for applying them in DBT individual therapy during Stage 1 and while delivering DBT PE in Stage 2. Special emphasis will be placed on between-session contact and the targeting of treatment-interfering behaviors that push therapists' limits and generate fear and frustration. The overarching goal of this webinar is to help therapists develop a dialectical balance between their own needs and the needs of their clients in order to reduce the risk of burnout and maximize sustainability.

Learning Objectives

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

1. Apply DBT therapist strategies to identify, communicate, and maintain personal limits.
2. Apply DBT mindfulness strategies to identify signs of burnout, emotional overwhelm, and avoidance.
3. Apply DBT change strategies to shape effective between-session contact.

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. Those who purchase the option to attend the live webinar will be sent information with instructions for logging in prior to the webinar.

Instructor

Annie McCall, LMHC began training in DBT as a graduate student at New York University in 1999. Since receiving her Masters degree in 2000, she has continued to develop her skills as a DBT practitioner, including acting as a skills trainer and individual therapist on two research studies led by treatment developer Marsha Linehan, Ph.D. at the University of Washington. Annie has worked closely with Melanie Harned, Ph.D. in the development and training of the DBT Prolonged Exposure protocol, including providing individual therapy in the original treatment development study. She co-founded Youth and Family DBT of Seattle, which offered multi-family DBT skills groups and parent coaching workshops from 2007-2016. She currently works as a DBT PE therapist, trainer, and consultant. She is a certified DBT therapist, and a certified PE therapist and supervisor.

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://www.eventbrite.com/e/observing-limits-creating-sustainability-in-trauma-work-tickets-430668088847>

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. ***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:
iingerson@antioch.edu