



Small Group Consultation in the DBT Prolonged Exposure Protocol for PTSD

Virtual Live Consultation | April – September 2024

Melanie Harned, PhD, ABPP, Annie McCall, MA, LMHC, Lorie Ritschel, PhD, & Samantha Yard, PhD

Description

This small group consultation is intended for clinicians who have been intensively trained in DBT PE and are interested in receiving support from an expert as they implement the treatment in their clinical practice. Consultation meetings will focus on discussing individual cases, developing case formulations, and providing didactic information on topics of interest to the group. Groups will be kept small (no more than 6) to facilitate individualized attention and will meet monthly for 90 minutes over 6 months (total = 9 hours).

Who Should Participate

This consultation is intended for mental health professionals who:

- Have received DBT Intensive or Foundational training (or equivalent)
- Have previously attended a 4-day Intensive Training in DBT PE
- Are using (or intend to use) DBT PE in their clinical practice, and
- Are willing to discuss their work and receive feedback in a group.

Days/Times

Four groups are available at the following days/times.

1. Tuesdays 7:00-8:30am PT/10:00-11:30am ET

- *Consultant:* Annie McCall, MA, LMHC
- *Dates:* 4/16/24, 5/21/24, 6/18/24, 7/16/24, 8/13/24, 9/17/24

2. Tuesdays 5:00-6:30pm PT/8:00-9:30pm ET

- *Consultant:* Melanie Harned, PhD, ABPP
- *Dates:* 4/23/24, 5/21/24, 6/25/24, 7/23/24, 8/20/24, 9/24/24

3. Thursdays 12:00-1:30pm PT/3:00-4:30pm ET

- *Consultant:* Samantha Yard, PhD
- *Dates:* 4/4/24, 5/2/24, 6/6/24, 7/11/24, 8/1/24, 9/5/24

4. Thursdays 8:00-9:30am PT/11:00-12:30pm ET

- *Consultant:* Lorie Ritschel, PhD
- *Dates:* 4/11/24, 5/16/24, 6/13/24, 7/11/24, 8/8/24, 9/12/24

****Please note:** if there are not enough clinicians to fill a group, it may not be offered. We will do our best to accommodate your first choice of groups and will contact you with other options if your preferred group is no longer available.

Location

The consultation groups will meet via a HIPAA-compliant video conferencing platform.

Consultants

Melanie Harned, PhD, ABPP is the Coordinator of the DBT Program at the VA Puget Sound Health Care System, Seattle Division. She is also 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 has focused on the development and evaluation of the DBT Prolonged Exposure protocol for PTSD as well as methods of implementing 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.

Annie McCall, MA, 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.

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 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, 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.

Samantha Yard, PhD earned her doctorate in Clinical Psychology from the University of Washington, where she completed a 3-year DBT practicum at the Behavioral Research and Therapy Clinics. She served as a member of Dr. Marsha Linehan's treatment development team, and as a research therapist on Dr. Melanie Harned's NIMH-funded randomized clinical trial of DBT PE. Dr. Yard received a 5-year National Service Research Award from NIMH to fund her predoctoral research on the intersection between trauma, emotion regulation, interpersonal relationships, and risk behaviors, which she further developed during a postdoctoral fellowship in PTSD at VA Puget Sound. After fellowship, she joined VA Puget Sound as a staff psychologist, where she has been providing clinical supervision, training, program development and clinical care primarily focused on the treatment of suicide and PTSD. During this time, she co-founded the comprehensive DBT Program at Seattle VA, served as Team Manager of the VA Puget Sound Intensive Outpatient Program, and provided DBT consultation and training for multiple VA sites and as part of the VA National Suicide Prevention 2.0 initiative. She provides supervision, training, and consultation in DBT and DBT PE both locally and nationally, and has experience consulting to teams in juvenile detention, medical rehabilitation, residential, outpatient (in-person and virtual), and intensive outpatient settings.

Cost

The total cost is **\$675 per person** and will be due in full at the time of registration.

Registration and Payment

Registration and payment can be completed via Eventbrite at:

<https://www.eventbrite.com/e/group-consultation-in-dbt-pe-tickets-792120683287>

If the group you register for ends up not being offered due to insufficient enrollment and you are not able to attend a different group, your registration fee will be refunded (minus Eventbrite's ~6% processing fees).

If you need to cancel for any other reason, your registration fee will be refundable up to 30 days before the first consultation meeting (minus Eventbrite's ~6% processing fees). No refunds will be given if you miss a scheduled consultation meeting.