



What Next? Moving to Stage 3 DBT

Webinar | January 22, 2024 | 9-10:30am PT/12-1:30pm ET

Instructor: Annie McCall, MA, LMHC

Moderator: Melanie Harned, PhD, ABPP

Description

We've successfully treated PTSD...now what? A reduction in PTSD and trauma-related suffering is certainly a victory to be celebrated AND it is often the case that the damaging lessons of trauma still show themselves in the daily lives of clients after completion of the DBT PE protocol. Generalizing the new learning of Stage 2 DBT, such as that our clients are worthwhile people who deserve to be treated well, across all the domains of a client's life is a task of Stage 3 DBT. In this webinar, we will identify strategies for applying new learning acquired during DBT PE to building a life worth living after PTSD. Through the lens of the FREE skill that focuses on living an exposure lifestyle, we will discuss targets related to sex and sexuality, interpersonal relationships, building joy and meaning, and pursuing goals previously limited by high shame and fear.

Learning Objectives

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

1. Distinguish between acquiring, strengthening, and generalizing new trauma-related learning.
2. Develop Stage 3 targets.
3. Apply behavioral strategies for generalizing new learning across life domains.

Who Should Attend

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

Location

The webinar will be held via Zoom video conferencing platform. Instructions for logging in will be sent via email prior to the webinar.

Instructor

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 trainer and consultant. She is a certified DBT therapist, and a certified PE therapist and supervisor.

Cost

Webinar Registration Fee (required):

- *Early Bird Discount:* for registrations paid by December 1, 2023 – **\$45 per person**
- *Standard Price:* for registrations paid by January 21, 2024 – **\$55 per person**

This fee covers the cost of the webinar, electronic copies of the materials, and 2 months of access to the webinar recording. The fee is the same for those who attend the live event and those who only intend to access the webinar recording.

Continuing Education Credits (optional for those who attend the live webinar):

- *Continuing Education Credits - \$10 per person*

This fee covers the cost of 1.5 Continuing Education credits that will be offered by Antioch University Seattle. CE credits must be registered and paid for separately via Antioch University's website (see details below). **CE credits are only available if you attend the live webinar.** No CEs are available for viewing the webinar recording.

Registration and Payment

Webinar Registration:

Registration and payment for the webinar can be completed via Eventbrite at:

<https://stage3-webinar.eventbrite.com>

Webinar fees are non-refundable.

Continuing Education Credits Registration:

Registration and payment for Continuing Education credits can be completed via Antioch University here:

https://us-elevate.elluciancloud.com/app/antioch/f?p=PV_ONLINE_REG:101::::APP_COURSE_INSTANCE:318188545

CE fees are fully refundable up to 7 days before the event. Cancellations received between 6 and 3 days before the event are entitled to a 50% refund. Cancellations 2 or less days before the event will not be eligible for a refund.

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 webinar in its entirety.**

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