



Understanding and Treating Traumatic Invalidation

Webinar | April 18, 2022 | 9-10:30am PT/12-1:30pm ET
Melanie Harned, PhD, ABPP

Description

This webinar will provide an introduction to traumatic invalidation, which is defined as extreme or repetitive invalidation of a person's significant experiences, characteristics, and reactions (Linehan, 2015). Traumatic invalidation can include a variety of behaviors that share a common feature of attacking the person's sense of self by communicating that they are bad, inferior, and unacceptable. These experiences can occur in the family of origin, in other important relationships, groups, or institutional contexts, as well as at the societal or cultural level for individuals from marginalized groups. Because traumatic invalidation does not meet traditional definitions of trauma, it has often been underrecognized and undertreated in PTSD treatments. In this webinar, examples of traumatic invalidation as well as common negative outcomes of these experiences will be described. In addition, strategies for addressing PTSD related to traumatic invalidation will be discussed using examples that are derived from the DBT Prolonged Exposure protocol for PTSD.

Learning Objectives

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

1. Define the concept of traumatic invalidation.
2. Identify common outcomes of traumatic invalidation.
3. Explain how trauma-focused treatment can be used to address traumatic invalidation.

Who Should Attend

This introductory webinar is intended for mental health professionals and trainees with an interest in trauma treatment.

Location

The webinar will be held via Zoom video conferencing platform and will be recorded. You will be sent information with instructions for logging in prior to the webinar.

Recording option: People who are not able to attend the live webinar will be given access to the recording for one month after the date of the webinar. Please note that CEs will only be available for people who attend the live webinar.

Instructor

Melanie Harned, PhD, ABPP is a Psychologist and Coordinator of the DBT Program at the VA Puget Sound Health Care System 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 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 has published extensively on these treatments. She is a certified DBT therapist, a certified PE therapist and consultant, is board certified in Behavioral and Cognitive therapy, and is licensed as a psychologist in the state of Washington.

Cost

The cost of this webinar is **\$45**.

Prices are quoted in US dollars. This fee covers the cost of the webinar, 1.5 hours of continuing education (CE) credits, and electronic copies of the materials.

Registration and Payment

Registration and payment can be completed via Eventbrite at:

<https://www.eventbrite.com/e/understanding-and-treating-traumatic-invalidation-tickets-274471360227>

Webinar fees are non-refundable.

Continuing Education Information

Continuing Education (CE) credits are being offered for this webinar by Antioch University Seattle as described below.

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, Director of Continuing Education, Antioch University at iingerson@antioch.edu.