

Intensive Training in the Dialectical Behavior Therapy Prolonged Exposure Protocol for PTSD

Training Description

This 4-day workshop is designed to provide intensive training in how to integrate PTSD treatment into standard DBT. Participants will learn the DBT Prolonged Exposure (DBT PE) protocol for treating PTSD, one of the newest developments in DBT research and practice. This protocol can be added to standard DBT to allow for integrated treatment of PTSD, suicidal and self-injurious behavior, and other co-occurring problems. Participants will learn how to use DBT strategies to prepare high-risk and multi-problem clients for the DBT PE protocol as well as how to determine when clients are ready to begin formal PTSD treatment. The structure and procedures of the DBT PE protocol will be taught in a session-by-session format with extensive opportunities to watch video examples and practice delivering each of the primary treatment components. Particular attention will be paid to discussing strategies for overcoming common problems that arise during PTSD treatment with high-risk and multi-problem clients as well as how to tailor the treatment to address the complex characteristics of this client population.

Training Objectives

1. Identify DBT strategies to use to prepare high-risk and multi-problem clients for the DBT PE protocol.
2. Determine if clients are ready for formal PTSD treatment.
3. Describe the rationale for using in vivo and imaginal exposure to treat PTSD.
4. Implement the core procedures of the DBT PE protocol (i.e., in vivo and imaginal exposure and processing).
5. Identify strategies for addressing common problems that arise during the DBT PE protocol.

Who Should Attend

This workshop is intended for mental health professionals who:

- Have attended a DBT Intensive or Foundational training (or equivalent)
- Are active members of DBT consultation teams
- Currently provide DBT individual therapy
- Agree to read the following treatment manuals before the training:
 - Linehan, M. M. (1993). *Cognitive Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford Press.
 - Linehan, M.M. (2015). *DBT® Skills Training Manual (2nd Edition)*. New York: Guilford Press.
 - Either the adult or adolescent PE manual:
 - Foa, E. B., Hembree, E. A., & Rothbaum, B. O. (2007). *Prolonged Exposure Therapy for PTSD (Therapist Guide)*. New York: Oxford University Press., *or*
 - Foa, E. B., Chrestman, K. R. & Gilboa-Schechtman, E. (2008). *Prolonged Exposure Therapy for Adolescents with PTSD (Therapist Guide)*. New York: Oxford University Press.

Training Schedule

Day One	
8:00 – 8:30	Registration and Sign-In
8:30 – 10:00	Overview of the Treatment and Research Support
10 – 10:15	Break
10:15 – 12:00	Using DBT to Prepare Clients for PTSD Treatment
12:00 – 1:15	Lunch
1:15 – 3:00	Determining Readiness to Begin the DBT PE Protocol
3:00 – 3:15	Break
3:15 – 4:20	DBT PE Session 1: Treatment Rationale
4:20 – 4:30	Evaluations & Sign-Out

Day Two	
8:00 – 8:30	Sign-In
8:30 – 10:00	DBT PE Session 1: Trauma Interview, Commitments, and DBT Skills Plan
10 – 10:15	Break
10:15 – 12:00	DBT PE Session 2: Psychoeducation and Rationale for In Vivo Exposure
12:00 – 1:15	Lunch
1:15 – 3:00	DBT PE Session 2: In Vivo Exposure Hierarchy and Assigning Homework; Optional Joint Session
3:00 – 3:15	Break
3:15 – 4:20	DBT PE Session 3: Rationale for Imaginal Exposure
4:20 – 4:30	Evaluations & Sign-Out

Day Three	
8:00 – 8:30	Sign-In
8:30 – 10:00	DBT PE Session 3+: Conducting Imaginal Exposure
10 – 10:15	Break
10:15 – 12:00	DBT PE Session 3+: Conducting DBT-Informed Processing
12:00 – 1:15	Lunch (on your own)
1:15 – 3:00	The Course of Change in DBT PE: Treatment Responders & Non-Responders
3:00 – 3:15	Break
3:15 – 4:20	The Course of Change in DBT PE: Treatment Responders & Non-Responders (Cont.)
4:20 – 4:30	Evaluations & Sign-Out

Day Four	
8:00 – 8:30	Sign-In
8:30 – 10:00	Addressing Common Problems
10 – 10:15	Break
10:15 – 12:00	Addressing Common Problems (Cont.)
12:00 – 1:15	Lunch (on your own)
1:15 – 3:00	Addressing Common Problems (Cont.)
3:00 – 3:15	Break
3:15 – 4:20	DBT PE Final Session(s): Relapse Prevention and Consolidation, Stage 3
4:20 – 4:30	Evaluations & Sign-Out