



Advanced DBT - Prolonged Exposure Therapy
Trainers: Neal Moglowsky, LPC and Lesley Chapin, PsyD

October 24-27, 2023
8:30am – 4:30 each day
Tundra Lodge Resort & Convention Center
865 Lombardi Avenue
Green Bay, WI 54304

Contact [Joanne Tulachka](#) with questions or to register

Most DBT clients find that after they resolve the most pressing behavioral concerns in stage one of treatment (e.g. self-injury, suicide attempts, significant high risk behaviors) that they still struggle with many areas of life. Often, this can be driven by patterns of behavior associated with past traumatic experiences. Many clients diagnosed with Borderline Personality Disorder also meet criteria for Posttraumatic Stress Disorder (PTSD) and even those who do not formally meet criteria may require some structured exposure treatment to decrease emotional and behavioral avoidance in order to reach their goals. The DBT Prolonged Exposure (DBT-PE) protocol developed by Melanie Harned, combines DBT principles with structured exposure strategies and protocols from the standard Prolonged Exposure treatment originally developed by Edna Foa. This approach has demonstrated effectiveness with DBT clients in multiple randomized control trials and directly treats symptoms of PTSD and other avoidance-based concerns. This 4-day in-person training will provide participants a foundation for who to use DBT-PE with and how to structure the treatment and gauge progress. Participants will walk through the trauma interview, learn how to provide orientation and education about the treatment, structure an in-vivo hierarchy, structure and guide imaginal exposure sessions, how to identify hotspots in the trauma narrative, and aspects of case formulation used to guide imaginal processing. The training structure combines didactic, discussion, modeling, and ongoing practice throughout and will require participants to actively engage in role plays and between session practice.

Fee: \$275 for full members; \$650 for non-members (includes materials and meals)
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