Using the DBT Prolonged Exposure Protocol for PTSD with Adolescents

Virtual Live Training | September 18, 2026 | 7:00am – 3:30pm PST/10:00am – 6:30pm EST
Lorie Ritschel, PhD

Description

This one-day virtual live workshop is intended for clinicians who are seeking advanced training in how to apply the DBT Prolonged Exposure protocol (DBT PE) for PTSD with high-risk and multi-problem adolescents. Participants will learn about some of the nuanced issues that arise in providing trauma treatment with this population as well as options for addressing common challenges. The workshop will begin with an overview of treatments and assessments for PTSD in youth, including a brief review of DBT PE and PE for adolescents. Participants will then learn about issues unique to using DBT PE with adolescents, including:

- Assessing readiness for DBT PE (youth and family)
- Involving families in DBT PE: getting consent, making trauma-related disclosures, orienting to treatment, and leveraging family to support the treatment
- Addressing family therapy interfering behaviors
- Issues to consider with risk and mandatory reporting
- Environmental variables that impact treatment: schools, friends, and social media
- Working with adolescents who aren't ready or willing to treat PTSD

Learning Objectives

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

1. Describe ways to assess trauma symptoms and PTSD in youth.
2. Describe the evidence base supporting trauma treatments for youth.
3. Identify 3 issues to consider regarding consenting minors for DBT PE.
4. Explain different ways to leverage family support in DBT PE.
5. Understand risk and mandatory reporting issues that may arise in DBT PE.
6. Identify alternative options to PTSD treatment for Stage 2 work.

Who Should Attend

This advanced workshop is intended for mental health professionals who:

- Have general training in working with minors, including basic consent procedures as well as some understanding of cognitive and emotional development through adolescence.
- Have received DBT Intensive or Foundational training (or equivalent) *and* have basic knowledge about how to apply DBT with adolescents.
- Have previously attended a 4-day Intensive Training in DBT PE (or equivalent).
- Are using DBT PE with adolescents in their clinical practice, or plan to do so soon.
- Agree to read the DBT PE manual prior to the training:

- Harned, M. S. (2022). *Treating trauma in Dialectical Behavior Therapy: The DBT Prolonged Exposure protocol (DBT PE).* New York, NY: Guilford Press.

Recommended Readings

Foa, E. b., Chrestman, K. R., & Gilboa-Schechtman, E. (2009). *Prolonged Exposure therapy for Adolescents with PTSD: Therapist Guide.* New York, NY: Oxford University Press.

Harned, M. S. (2022). *Treating Trauma in Dialectical Behavior Therapy: The DBT Prolonged Exposure Protocol (DBT PE).* New York, NY: Guilford Press.

Harned, M. S., Schmidt, S. C., Korslund, K. E., & Gallop, R. J. (2021). Does adding the Dialectical Behavior Therapy Prolonged Exposure (DBT PE) protocol for PTSD to DBT improve outcomes in public mental health settings? A pilot nonrandomized effectiveness trial with benchmarking. *Behavior Therapy, 52,* 639-655.

Harned, M. S., Korslund, K. E., & Linehan, M. M. (2014). A pilot randomized controlled trial of Dialectical Behavior Therapy with and without the Dialectical Behavior Therapy Prolonged Exposure protocol for suicidal and self-injuring women with borderline personality disorder and PTSD. *Behaviour Research and Therapy, 55,* 7-17.

Harned, M. S., Korslund, K. E., Foa, E. B., & Linehan, M. M. (2012). Treating PTSD in suicidal and self-injuring women with borderline personality disorder: Development and preliminary evaluation of a Dialectical Behavior Therapy Prolonged Exposure protocol. *Behaviour Research and Therapy, 50,* 381-386.

Lang, C. M., Edwards, A. J., Mittler, M. A., & Bonavitacola, L. (2018). Dialectical Behavior Therapy with Prolonged Exposure for adolescents: Rationale and review of the research. *Cognitive and Behavioral Practice, 25,* 416-426.

Location

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

Schedule (all times are in Pacific Standard Time)

6:30 – 7:00	Login and Test Zoom Set-Up
7:00 – 8:30	Overview of Treatments and Assessments for Youth PTSD Assessing Readiness for PTSD Treatment (Youth and Family) Choosing an Appropriate PTSD Treatment Overview of DBT PE and PE for Adolescents
8:30 – 9:00	Break

9:00 – 10:30	Involving Families in DBT PE
10:30 – 11:30	Lunch
11:30 – 1:00	Addressing Family Therapy-Interfering Behaviors Risk and Reporting Issues
1:00 – 1:30	Break
1:30 – 3:00	Environmental Factors that Impact Treatment Other Options for Stage 2: When Adolescents Don't Want to Treat PTSD
3:00 – 3:30	Q&A, Completion of Evaluation, and Log-Out

Trainer

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 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. Dr. Ritschel also serves as the director of TAP CE, which offers trainings to psychologists and other mental health professionals. In addition, she is a faculty member in the Department of Psychiatry of the University of North Carolina at Chapel Hill School of Medicine, where she consults to the UNC TEACCH Autism Program. Dr. Ritschel is a certified DBT therapist through the DBT-LBC and is an expert trainer of DBT and the DBT Prolonged Exposure protocol.

Cost

Workshop Registration Fee:

- *Early Bird Discount*: for registrations received and paid by June 30, 2026 – **$375 per person**
- *Standard Price:* for registrations received and paid by September 17, 2026 – **$425 per person**

Group Discount: Groups of 3+ who register together get a $50 discount per person. Contact admin@dbtpe.org for a discount code.

This fee covers the cost of the workshop and supporting materials, which will include electronic copies of the slide handouts and additional training materials that will be emailed to you prior to the workshop.

Continuing Education Credits (optional)

- *Continuing Education Credits* - **$20 per person**

This fee covers the cost of 6 Continuing Education credits that will be offered by Triangle Area Psychology clinic Continuing Education (TAP CE). CE credits must be registered and paid for separately via TAP CE's website (see details below).

Scholarships

Five scholarships (typically a 50% discount) are available for clinicians who: (1) cannot afford to pay the full registration fee, and (2) work primarily with health disparity populations (i.e., racial and ethnic minority groups, sexual and gender minority groups, people with low socioeconomic status, underserved rural communities, and/or people with disabilities). Scholarship applications are due by June 30, 2026 and can be downloaded here: https://dbtpe.org/training

Registration and Payment

Registration for the workshop and CE credits must be completed separately via two different websites.

Workshop Registration:

Registration and payment for the workshop can be completed here:

[insert URL]

Workshop fees are refundable up to 30 days before the event (minus processing fees).

Continuing Education Credits Registration:

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

[insert URL]

Continuing Education Information

Continuing Education (CE) credits are being offered for this workshop by Triangle Area Psychology clinic Continuing Education (TAP CE: https://tapclinicnc.com/tapce/) as described below.

Six (6) CE credits are being offered for this workshop for those who attend the event in full. TAP is approved by the American Psychological Association to sponsor continuing education for psychologists. TAP maintains responsibility for this program and its content. Participants who miss more than 15 minutes of the training will not be eligible for CEs - partial CE credits will not be given. 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 tapce@tapclinicnc.com.

Other Information

All participants will be required to sign a Video Privacy Agreement prior to being admitted to the training. This agreement can be completed in the online registration.