



## DBT Helps High-Risk and Multi-Problem Clients with PTSD

### DBT: A Life-Saving, Cognitive-Behavioral Treatment

Many individuals receiving Dialectical Behavior Therapy (DBT) meet criteria for posttraumatic stress disorder (PTSD), a debilitating disorder characterized by intrusive memories of past trauma, avoidance of trauma-related situations and thoughts, emotional numbing, and hyperarousal.

DBT uses a four-stage model of treatment for individuals with PTSD, with the first stage of treatment focused on using DBT to achieve control over suicidal, self-injurious, and other severe behaviors that require stabilization prior to initiating treatment for PTSD. PTSD is targeted in the second stage of treatment using the DBT Prolonged Exposure (DBT PE) protocol, developed by Dr. Melanie Harned. Stages three and four of DBT focus on problems of everyday living and building a capacity for

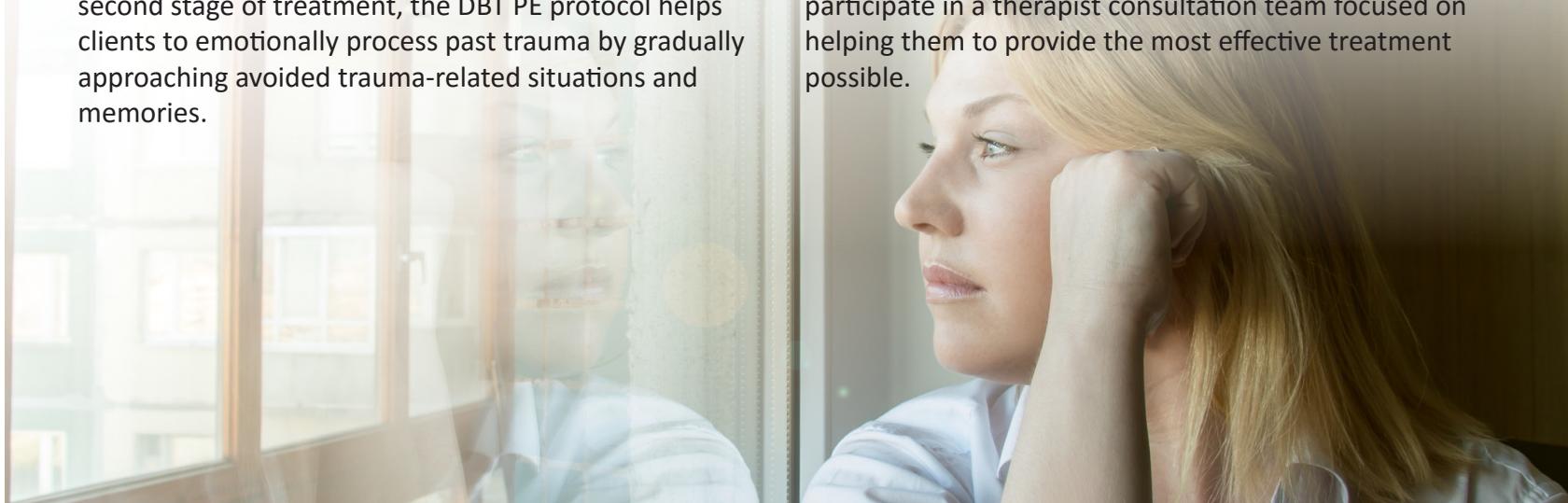
freedom and joy.

The DBT PE protocol is based on Prolonged Exposure therapy, an evidence-based treatment for PTSD, and was adapted to fit the needs of high-risk and multi-problem clients. To date, DBT with the DBT PE protocol has been evaluated as a one-year outpatient treatment for suicidal and self-injuring women with PTSD and borderline personality disorder. This research has found that DBT with the DBT PE protocol leads to a high rate of diagnostic remission of PTSD (71-80%), as well as large improvements in suicidal and self-injurious behavior, dissociation, shame, depression, social adjustment, health-related quality of life, and global functioning. Studies in community outpatient and residential settings with men and adolescents are underway.

### How DBT Helps

DBT is intended to help people with multiple and complex problems that place them at high risk for suicide. In many cases, these problems are related to past experiences of trauma, such as sexual abuse, physical assault, and severe invalidation. For example, suicidal and self-harming behaviors are often used as a way to cope with painful thoughts and emotions about past trauma. In the first stage of treatment, DBT helps by teaching clients effective strategies for coping with PTSD and trauma reminders without resorting to life-threatening and other self-destructive behaviors. In the second stage of treatment, the DBT PE protocol helps clients to emotionally process past trauma by gradually approaching avoided trauma-related situations and memories.

In DBT, clients receive individual therapy focused on applying the skills and strategies of DBT to help them achieve the stability necessary to engage in PTSD treatment. Once clients achieve sufficient stability, the DBT PE protocol is integrated into DBT individual therapy sessions. Clients also receive group skills training to learn the DBT skills of mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness, as well as coaching from their individual therapists between sessions when they need help using DBT skills or for crisis situations. Finally, DBT therapists also participate in a therapist consultation team focused on helping them to provide the most effective treatment possible.



# Learn DBT with Behavioral Tech

Behavioral Tech is the original DBT training company founded by Dr. Marsha Linehan, the developer of DBT. We have provided DBT training based on the latest research developments since 1997. Whether you are an individual practitioner or the administrator of a complex system, our expert trainers and varied learning formats can help you meet your DBT training goals. We work with you to implement comprehensive DBT according to the evidence-based model while adapting it to the specific needs of your clinic and clients.

## Levels of Training

Four levels of training help you navigate the process of learning DBT.



### Level 1 - Introductory

Learn about DBT and assess if DBT is right for your practice and your clients.

### Level 2 - Essentials

Level 2 options address the essentials of behavior therapy, DBT, and other treatments. These courses are appropriate for clinicians and providers at every stage of professional development.

### Level 3 - Comprehensive Training in Standard DBT

Level 3 trainings are the best choice for individuals and teams who seek in-depth training to start a DBT program or train new staff members. These options also meet criteria for DBT certification and are required for anyone interested in Level 4 training.

### Level 4 - Advanced Training and Adaptations

Level 4 trainings allow experienced DBT therapists to advance and sustain their DBT knowledge. Learn how to adapt DBT for specific client populations or choose an advanced training designed to address the needs of seasoned DBT clinicians. Advanced trainings are led by world-renowned DBT experts who have pioneered clinical adaptations and research in highly requested, specialized content.

## Learning Formats

### In-Person Training

In-person events offer participants the chance to learn directly from our first-class training experts. Trainers mix lecture with more experiential learning methods such as role plays, review of footage from real DBT treatment sessions, and discussion.

Our current public training calendar can be viewed at [behavioraltech.org/schedule](http://behavioraltech.org/schedule).

We provide private training for agencies, which allows administrators to customize training to meet your implementation goals. Depending on your location and topic interest, we may also be able to partner with your agency to co-host a public training.

### Consultation

Consultation services are a personalized way to enhance individual's clinical skills or grow DBT programs. Consultants can provide support at any level of learning. Schedule consultations as needed or on an ongoing basis.

### Online Training

We offer seven self-paced courses that allow you to learn the essentials of DBT and other therapies from work or home. The online training courses work on desktop or laptop computers.

### Supplemental Resources

We carry books, CDs, and DVDs to support your learning. These resources are a blend of clinician- and client-focused content.

### Webinars

Live webinars feature DBT experts speaking from their areas of specialty. Webinars offer informative overviews of DBT as it is practiced in various settings and populations.