

Psychiatry Grand Rounds

WCM Department of Psychiatry
Psychology CE Announcement



**Weill Cornell
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Treating PTSD In Dialectical Behavior Therapy: The DBT Prolonged Exposure Protocol

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Washington

Live Online, Live In-person

Wednesday, January 8th, 2025

11:00am – 12:00pm

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

Password: 12345



1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists, Social Workers and LMHCs, who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact wcmpsychiatryce@med.cornell.edu for additional CE information

Speaker

Melanie Harned, Ph.D., ABPP, is a Psychologist and Coordinator of the DBT Program at the VA Puget Sound Health Care System, Seattle Division 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 (DBT PE) 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 is licensed as a psychologist in the state of Washington

Financial Disclosure: Dr. Powell has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Abstract

Dialectical Behavior Therapy (DBT) was originally developed to treat chronically suicidal and self-injuring individuals with multiple mental disorders and pervasive emotion dysregulation. From its inception, DBT has highlighted the role of trauma as a common etiological factor and posttraumatic stress disorder (PTSD) as an important treatment target for many clients who receive this treatment. The first two decades of DBT treatment development and research primarily focused on Stage 1 DBT to target behavioral dyscontrol, and DBT's Stage 2 in which PTSD is targeted was left largely undeveloped. As a result, formal treatment of PTSD during DBT has historically been the exception rather than the norm. The DBT Prolonged Exposure (DBT PE) protocol, an adapted version of Prolonged Exposure (PE) therapy, was developed specifically to provide a structured method of treating PTSD within DBT. In this webinar, the rationale for and structure of the integrated DBT and DBT PE treatment will be described and the criteria for determining when a Stage 1 client is ready to begin DBT PE will be reviewed. The core procedures of DBT PE will be explained, including how in vivo exposure, imaginal exposure, and processing are used to treat PTSD. Finally, research findings supporting the safety and effectiveness of the treatment will be presented.

Learning Objectives

1. Describe the rationale for integrating PTSD treatment into DBT.
2. Explain the core procedures of the DBT PE protocol.
3. Review research findings evaluating the safety and effectiveness of the treatment.

References

1. Harned, M. S. (2022). *Treating trauma in dialectical behavior therapy: The DBT Prolonged Exposure Protocol (DBT PE)*. Guilford Publications.
2. Harned, M. S., Schmidt, S. C., Korslund, K. E., & Gallop, R. J. (2020). 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*(3), 639–655. <https://doi.org/10.1016/j.beth.2020.08.003>
3. 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. <https://doi.org/10.1016/j.brat.2014.01.008>

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