Trauma Informed DBT

Clinical Interventions for Stabilization and Lasting Recovery

Clients recovering in the aftermath of trauma are often stuck in the extremes: feeling a million emotions at once or nothing at all, constant worry or impulsive decision making, over-reliance on others or burning bridges, distrusting others or trusting the wrong people. Imagine being able to help your clients cope with these extremes and other trauma symptoms. Help your clients move on from behaviors that were once an asset during the traumatic experience but have since become a

You need the tools to help clients find the middle ground...and DBT is designed to do just that!

Join Dr. Kirby Reutter, DBT clinician and leading trauma specialist, for this captivating 2-day seminar that takes a comprehensive approach to implementing DBT with even the most symptomatic clients on your caseload. You'll learn evidence-based DBT skills, techniques, and interventions to help traumatized clients:

- Restore balance to the parts of their lives that have been forced to extremes by trauma
- Replace dissociation and reactivity with mindful awareness and acceptance
- Skillfully tolerate distressing thoughts and feelings related to traumatic memories and triggers
- Decrease suicidal ideation and high-risk behavior, including self-harm and substance abuse
- Find meaning in their suffering to allow for developing a life worth living
- Build genuine connections with others by learning to discern between healthy and unhealthy relationships
- And more!

Packed with compelling insight and concrete strategies you can use immediately; this seminar is sure to have you heading back to your office with a **renewed sense of confidence and skill** – sign up today!

Speaker

Kirby Reutter, DBTC, LMHC, CACAD, MAC, is a bilingual psychologist and leading trauma specialist. Dr. Reutter has provided over 1,000 hours of DBT trainings in over 90 locations throughout the continent, including Alaska and Hawaii. Dr. Reutter has provided DBT trainings for the US Marines, the US Army, the Ohio Psychological Association, the Texas Psychological Association, the Ohio State Department of Youth Services, the Arizona Department of Child and Family Support Services, and the International Conference of Human Trafficking. In 2018, Dr. Reutter delivered a TEDx Talk regarding the effects of human trafficking on both brain development and society.

In addition to speaking, Dr. Reutter has authored 3 books, 1 book chapter, and 6 journal articles. Dr. Reutter's most recent publication is entitled: DBT Skills Workbook for PTSD: Practical Exercises for Overcoming Trauma and Post-Traumatic Stress Disorder. Dr. Reutter currently contracts with the Department of Homeland Security to provide treatment services for refugees seeking political asylum. Dr. Reutter maintains psychology licenses in both Texas and Ohio.

Speaker Disclosure:

Financial: Kirby Reutter has an employment relationship with Gateway Woods Family Services. He receives a speaking honorarium from PESI, Inc.

Non-financial: Kirby Reutter has no relevant non-financial relationship to disclose.

Learning Objectives can be viewed at pesi.com/webcast/83552

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

Live Webcast Schedule (Times listed in Mountain

8:00 Program begins 11:50-1:00 Lunch Break

4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon) Actual lunch and break start times are at the discretion of the speaker A more detailed schedule is available upon request.

Target Audience

Psychologists • Social Workers • Counselors • Addiction Counselors • Marriage and Family Therapists Case Managers • Psychiatrists • Psychotherapists • Nurses • Mental Health Professionals • Occupational Therapists • Occupational Therapy Assistants

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Clinical Interventions for Stabilization and Lasting Recovery

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Join us online, for this live training!

Trauma Informed DBT

Clinical Interventions for Stabilization and Lasting Recovery

- Help your most traumatized clients let go of maladaptive thoughts and behavior that no longer serve them
- Prepare clients to work through traumatic memories without becoming overwhelmed
- Help stabilize traumatized clients with co-occurring personality and/or substance abuse disorders
- Gain concrete tools to treat the most symptomatic clients on vour caseload

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Outline

Foundations of DBT:

The Bio-Social Theory and its role in treatment What are dialectics?

Trauma is invalidating / Invalidation is traumatizing Why DBT has moved beyond personality disorders Acceptance v. change – the overarching dialectic

DBT, Trauma, and the Brain

Healthy Brain v Traumatized Brain Malleability, plasticity, and post-traumatic growth How DBT interventions impact neurobiology Fight, flight, freeze as it relates to trauma survival

Integrating Trauma-Informed Care into DBT Core Skills

How to sequence DBT in a trauma-informed

The role of dialectics in trauma recovery Application of DBT to other trauma-related symptoms and disorders

Integration of DBT with other trauma-focused modalities

Dialectical Thinking

Common thinking errors among traumatized

Teaching clients to find the "both/and" in their

The role of dialectics in trauma recovery Skills: DBT House; TEA - Thoughts, Emotions, Actions; TOM – Thoughts, Opposite, Middle; Cognitive Defusion; Socratic Questioning

Mindfulness: Reactivity v. Dissociation

How trauma forces awareness to the extremes Replace dissociation and hypervigilance with mindful tools

Mindfulness skills to combat flashbacks and insomnia

Skills: 3 A's – Awareness, acceptance, action; RAIN Dance; Mindfulness Action Plan; Somatic **Awareness**

Distress Tolerance: Overreaction v. Paralysis

Radical acceptance through the lens of trauma Coping with triggers, nightmares, and intrusive thoughts

Finding meaning in suffering Increasing willingness to try new behavior Skills: Diary cards; chain analysis, DBT House

Emotion Regulation: Impulsivity v. Paralyzing Worry

How traumatic experiences escalate the frequency, severity, and intensity of emotions Common emotional myths caused by trauma Distinguish between feelings and "action urges" Replace reactivity with problem-solving Skills: "Act opposite", SEEDS - Symptoms, Eating, Exercise, Drugs, Sleep

Interpersonal Effectiveness: Over-Reliance v. **Burnina Bridaes**

Trauma's effect on attachments and relational styles

Assertiveness, boundaries, and coping with

Decrease social isolation and mistrust of others Skills: DEAR Adult: Assert, appreciate, apologize; Escaping the drama cycle; Appearing confident; Dealing with crisis

Develop a Trauma-Informed Treatment Program

Skills groups and skills coaching Levels of validation Adherence v. adaptation Priorities and stages of treatment

Clinical Considerations

Crisis intervention for suicidality, self-injury Co-morbidities: Personality disorders, substance

Diversity and multicultural factors Limitations of the research and potential risks



(Templates and Examples of):

- ✓ Diary cards
- ✓ DEAR Adult
- ✓ Chain analysis
- ✓ DBT House
- ✓ SEEDS logs
- ✓ And more!

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REGISTRATION FORM

2-DAY: TRAUMA-INFORMED DBT: CLINICAL INTERVENTIONS FOR STABILIZATION AND LASTING RECOVERY

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