

Trauma Treatment: Through a Dialectical Behavior Therapy Lens

Speaker - Lara Effland, LCSW

Description:

PTSD often co-occurs with other mental health problems. Due to the common belief that complex patients are incapable of learning skills to maintain safety during trauma treatment, this group is regularly excluded from trauma therapies. As this presentation will illustrate, by combining Dialectical Behavioral Therapy principles and exposure-based protocols, it is possible to successfully treat Post-Traumatic Stress Disorder and co-occurring high risk behaviors like self-harm, suicidal ideation, eating disorders, and substance use.

Learning Objectives:

- Describe high risk behaviors and common complex co-morbidities related to trauma treatment.
- Determine when to start and pause trauma treatment when dealing with high-risk behaviors.
- Identify four phases of trauma treatment including the four stages of Dialectical Behavior Therapy protocol.
- Review a case presentation.

Duration: 1:30