

# Introduction to DBT Prolonged Exposure Protocol for PTSD

Join Bespoke Mental Health Canada for a workshop delivered by **Dr. Melanie Harned**

**Friday June 13, 2025**

9:00 am – 4:30 pm (PT), 12:00 pm - 7:30 pm (ET)

To **register** for this event, click [here](#)

**Can't attend on that date?** Just watch it 'on-demand' any time.

This workshop introduces the DBT Prolonged Exposure Protocol (DBT PE) for PTSD. From its inception, DBT has highlighted the role of trauma as a common etiological factor and PTSD as an important treatment target. In this workshop, the rationale for DBT PE into DBT will be described. Key tasks of the initial sessions of DBT PE will be explained, including orienting to the treatment rationale, selecting target traumas, and providing psychoeducation. Finally, the core procedures of DBT PE will be described, including how in vivo exposure, imaginal exposure, and processing are used to treat PTSD.

*Bespoke Mental Health Canada is approved by the Canadian Psychological Association to offer continuing education for psychologists. Bespoke Mental Health Canada maintains responsibility for the program.*

**Participants who complete this workshop (either live or on-demand) are eligible to receive 6 CE credits.**

## Price

Professionals: \$175.00 CAD + tax

Students: \$140.00 CAD + tax