

# *Radically Open Dialectical Behavior Therapy (RO-DBT) for Avoidant, Rigid, and Treatment-Resistant Clients*

## **Presenters:**

Melissa Oeffner, LCSW & Tanner Edwards, LCSW

## **Hosted by:**

Institute for Psychological Advancement and Radically Open Kansas City

## **Description:**

Clinicians commonly report that treating disorders of over-control generates sensations of bewilderment, discomfort, and the creeping suspicion that the treatment isn't working. Join us over your lunch hour via interactive Zoom webinar to learn about a new evidence-based treatment. RO-DBT is supported by 20 years of clinical research, targeting a spectrum of disorders characterized by excessive self control - refractory depression, chronic anxiety, anorexia nervosa, autism spectrum, and OCPD.

## **Learning Objectives:**

Upon completion of this one-day training, participants will be able to:

1. Define and recognize emotional over-control
2. Learn about the bio-temperamental causes
3. Gain a basic understanding of the RO-DBT model, as well as, approaches you can use with your clients

## **Learning Level:**

Basic to Intermediate

## **Target Audience:**

This training is designed for professional counselors, social workers, marital and family therapists, psychologists, psychiatrists, and psychiatric nurse practitioners.

## **Continuing Education:**

At the end of the program, participants will receive an email with a certificate of completion for 1 CE along with an optional program evaluation.

The content of this event may meet requirements for most national, state, and local licensing boards and professional organizations. Be sure to print the event description and submit with your certificate of attendance to your professional board for consideration. For rules governing continuing education, participants should contact their respective regulatory boards.

Kansas Behavioral Sciences Regulatory Board does not require pre-approval of CE programs and does not even offer an approval process for most professions. They will consider CE programs that cover content specific to each profession's practice, skills, ethics, and knowledge. Additional information is provided on their website under each profession, typically in the FAQ sections.

Missouri Division of Professional Registration does not require continuing education providers or programs to be approved prior to the event. They will accept continuing education that is relevant to each profession (i.e. for professional counselors content must be primarily related to counseling, for psychologists content must be mostly psychological, and so on). Additional information is provided on their website.