

# The Minnesota Psychological Association cosponsors Friday Forums with the Metropolitan State University Psychology Department

## FIRST FRIDAY FORUM

Friday, October 6, 2017

Dialogical Exposure Therapy for Adult PTSD

Dr. Phil. Almut Furchert, Dipl. Psych. and Charles ("Chuck") Huff, Jr., Ph.D.

**Registration:** 8:30 – 9:00 a.m.  
**Program:** 9:00 a.m. – 12:00 p.m.

**Location:** Metropolitan State University  
St. Paul Campus Auditorium  
700 East Seventh St., St. Paul, MN 55106

### About the Program:

*This program qualifies for 3.0 continuing education credits.*  
This seminar introduces the Munich approach to trauma therapy, Dialogical Exposure Therapy (DET), integrating cognitive-behavioral (CBT) techniques with gestalt therapy components and dialogical aspects of the therapeutic relationship and process. DET typically proceeds in four stages: safety, stability, confrontation, and integration. While the first two stages are quite similar to CBT, the confrontation stage goes beyond mere habituation. Instead it focuses on finding a way to preserve one's self-processes while in dialogue with the imagined perpetrator/trauma experience. The final stage of integration involves accepting the experience and the changes resulting from it by integrating it into one's life story, preventing relapse. A recent randomized clinical trial found that DET produced significant improvement in both self-rated PTSD symptoms and general psychological functioning. The first section of the workshop will introduce participants to the theoretical background for this integrative approach. The second section will explain the stages of the approach as it is taught at the Munich Institute for Trauma Therapy (MIT). The third section will introduce and discuss the dialogical exposure techniques central to this approach. Participants will have an opportunity to practice and to discuss learned content.

#### Participants will be able to:

1. Describe the Dialogical Exposure Therapy theoretical assumptions and how they differ from other PTSD approaches.
2. Explain the stages of Dialogical Exposure Therapy.
3. Discuss when the therapeutic techniques of Dialogical Exposure therapy are warranted and safe.

4. Describe research relevant to the Dialogical Exposure Therapy approach.
5. Describe the integration of existential and spiritual aspects into dialogical trauma therapy.

### About the Presenters:

**Dr. Phil. Almut Furchert, Dipl. Psych.,** is a German certified psychologist, philosopher, adult educator, and independent practitioner. She studied at Humboldt University of Berlin and the Jesuit University Munich, funded by national scholarships, and did her postgraduate training at the Munich Institute for Trauma Therapy with Prof. Butollo, the founder of DET. Dr. Furchert works and writes internationally in the intersection of psychology, existential and dialogical philosophy and spiritual care and is particularly interested in the existential underpinnings of Mental Health and Healing. Currently affiliated with the renowned Kierkegaard research library at St Olaf College, MN she is also the founding director of cloisterseminars.org, offering educational and contemplative seminars at monastic places in the US.

**Chuck Huff, Ph.D.,** has been a professor of psychology at St. Olaf College for the past 29 years teaching and working on social and moral psychology as well as psychology of religion and ethics. He obtained his Ph.D. in social psychology from Princeton University in 1987 and did postgraduate work at Carnegie Mellon. He has also been a visiting professor at the Jesuit University in Munich. He is a specialist in narrative interview techniques, and teaches and consults on research methods. Together with his wife Almut he teaches workshops in the intersection of contemplative traditions, psychology and self-care.

*Please note: You must attend the full 3-hour program to get continuing education credit for the event.*

### About First Friday Forums:

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

**EARLY BIRD SPECIAL FEES:** Register up to two weeks before the event, and receive a discount rate: Members = \$45, Non-members = \$65, Students = \$15. Registration fee includes refreshments, program materials, and CE certificate.

**REGULAR REGISTRATION:** Registrations received 2 weeks or less prior to the start of any Friday Forum will increase to: Members = \$55, Non-members = \$75, Students = \$25.

**CONFIRMATION/CANCELLATION:** Registrations are confirmed by receipt of forms on a first-come, first-served basis. You will not receive a written confirmation of your registration. You will be notified by mail, e-mail or telephone only if your selection is filled or cancelled.

**ACCESSIBILITY ACCOMMODATIONS:** If you need disability related accommodations, including parking, to make this event accessible, please contact the Metropolitan State University Center for Accessibility Resources, 651-793-1549, or Accessibility.Resources@metrostate.edu.



**REFUND POLICY:** A 100% refund will be made if the event is cancelled. Refunds, less a \$5 handling fee, will be given if a written cancellation is received at least two working days before the scheduled program begins. Transfer of fee to another program is granted if written cancellation notice is received at least one day before the program. No refund or transfer is given the day of the program.

**WEATHER-RELATED CANCELLATION POLICY:** On rare occasions, classes and events may be cancelled due to severe weather or other conditions. The decision to cancel events is made as early in the day as possible. If events are cancelled, an announcement is posted on the Metropolitan State Web site, www.metrostate.edu. Announcements are made on several radio stations including the following AM stations: WCCO-830, KSTP-1500, KRSI-950, KFAN-1130, KDWB 630, WWTC-1280 and the following FM stations: KQRS-92.5, KS95-94.5, KNOW-91.1. Attendees may also call the MPA office at 952-928-4657.

# MPA First Friday Forum • October 6, 2017

Name: \_\_\_\_\_ Degree: \_\_\_\_\_ Licensure: \_\_\_\_\_

Institution/Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Please check:  Home  Work

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ Please check:  Home  Work Fax: \_\_\_\_\_

If you register **by** September 22, select the **Early Bird Registration** Fee:  MPA member: **\$45**  Non-member: **\$65**  Student: **\$15**

If you register **after** September 22, select the **Regular Registration** Fee:  MPA member: **\$55**  Non-member: **\$75**  Student: **\$25**

Total Amount Enclosed: \$ \_\_\_\_\_

Check (made payable to MPA)  Visa  MC  American Express

All credit card fields are required

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Cardholder Name (print): \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

Credit card billing address:  Same as above

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Please do not email credit card information. Fax or mail your registration form to protect this information.

or Register online @ [www.mnpsych.org](http://www.mnpsych.org)

## Return To:

### Minnesota Psychological Association

4248 Park Glen Road

Minneapolis, MN 55416

P: 952-928-4657 • F: 952-929-1318



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## LOCATION: Metropolitan State St. Paul Campus Auditorium

### Directions

**From west:** I-94 to the Mounds Boulevard (left lane) exit, straight ahead on Sixth Street one block to Maria Avenue; turn left on Maria Avenue; parking ramp is on the right.

**From east:** I-94 to the Mounds Boulevard exit; turn right at Sixth Street to Maria Avenue; turn left on Maria Avenue; parking ramp is on the right.

### Bus

**Bus Route:** 61, 69 (Minneapolis and St. Paul); 63 (St. Paul)  
These buses may have any terminal letter.

### Parking

St. Paul Campus-Parking is available in a ramp on Maria Avenue, directly across from the campus. The parking fee at the St. Paul Campus is \$5/day.

### Disability parking

Multiple disability parking spaces are available in the Metro State parking ramp.

