Certificate of Completion

is hereby granted to

Amanda Lucas

to certify that they have completed to satisfaction the

Brief Introduction to Radically Open Dialectical Behavior Therapy (RO DBT)

a live CPD webinar for mental health professionals held via Zoom on the 21st of February 2024.
This webinar had a commitment equivalent to 1.5 CPD hours.

Facilitator: Lori Prado *LMHC, LPC-S, CEDS*

Granted: 22nd February 2024

Australian DBT Institute
Gold Coast, Melbourne & Sydney

RADICALLYOPEN
BLENDED LEARNING

Approved RO DBT Trainer
Radically Open Ltd

Brief Introduction to Radically Open Dialectical Behavior Therapy (RO DBT) – 90-minute Live Webinar

Description
People struggling with maladaptive perfectionism, loneliness, social anxiety and restrictive eating disorders suffer greatly - and may often be described as 'treatment resistant'. RO DBT is an evidence-based treatment which has been shown in clinical trials to help with these problems.

This 90-minute live webinar gave mental health practitioners (e.g. psychology, psychiatry, social work, mental health nursing) who are not yet familiar with RO DBT an overview of the treatment and the clinical population it is designed to treat. There will was also some time set aside for questions and clarification.

The aim is for clinicians to be able to make a more informed decision after attending this webinar on whether or not RO DBT is suitable for their clients and whether they want to learn how to practice RO DBT.

Learning Objectives
After attending this webinar, participants are able to:

1. List the four core deficits of overcontrol
2. Describe what Radical Openness is
3. Evaluate whether RO DBT might be a suitable treatment for your clients

Intended Audience & Content Level
Apart from a professional qualification in a mental health or related field (e.g. psychology, psychiatry, social work, mental health nursing) there are no further prerequisites for the webinar. This webinar is at the introductory/beginner level: no previous knowledge of RO DBT or standard DBT is required.

Webinar Facilitator: Lori Prado, LMHC, LPC-S, CEDS
Lori Prado is a Senior Clinician and one day Trainer in Radically Open DBT (RO DBT). She began her training with Dr. Tom Lynch, developer of RO DBT, in 2015. Since that time, Lori has continued to attend intensive trainings and receive supervision from Dr. Tom Lynch with the Senior Clinician team. Lori is also involved in research, teaming up with Dr. Karyn Hall, Dr. Kirsten Gilbert, and Dr. Carla Sharp to research the biosocial theory of RO DBT. Lori is currently the lead of the app development committee for RO DBT.

In her clinical work, Lori is founder, president and senior clinician at the Center for Dialectical and Cognitive Behavioral Therapy (CDCBT) in San Antonio, TX, a center dedicated to evidence-based care. She specializes in personality disorders, eating disorders, and treatment-resistant disorders. Prior to opening CDCBT, Lori developed and served as program director for the Family Centered DBT Program at Eating Disorder Center at San Antonio (EDCASA), now ERC San Antonio. She also developed the body image curriculum used by EDCASA between 2012-2016. Lori, along with Tere Rivera, RD, FAED and Kay Watt, LPC-S, CEDS, developed Wise Mind Eating protocol that is used at ERC and has been presented internationally.

**CPD Points Calculated as per under National Law (Commonwealth of Australia), which governs the operations of the National Boards and AHPRA*
More information can be found at https://www.ahpra.gov.au/education/continuing-professional-development.aspx