



Eating
Recovery
Center



Pathlight
Mood &
Anxiety
Center



RO-DBT During Chaotic Changes

With Ellen Astrachan Fletcher, PhD, CEDS, FAED, ERC and Pathlight; CeShaun Hankins, LICSW, ABri Radically Open DBT; Kirsten McAteer, LPC, Abri Radically Open DBT; LI Lin Hally, LICSW, Abri Radically Open DBT

Friday, December 4, 2020 | 8:00am - 4:00pm PST
7 Credit Hours | Complimentary

Presentation Summary:

No one can deny that 2020 has ushered in a host of chaotic changes. The pandemic upended how we work, parent and socialize and caused a great deal of loss and economic suffering. As protests in many of our cities, ignited by the killing of George Floyd in May, call for a much-needed racial reckoning, they have been met with both support and a backlash, due to the worst political polarization we have seen in decades. And then there is the climate. Those of us in the west are enduring the worst fire season in history, while those in many other parts of the country try to cope with extreme storms and flooding.

How we cope, well or otherwise, can largely depend on bio-temperament...

Learning Objectives:

Following this presentation, participants will be able to...

- Identify the role of bio-temperament and how it leads to different forms of coping and how that coping can get reinforced.
- Identify factors that pose significant stress to vulnerable populations.
- Explain approaches to help clients stay connected and cope effectively and flexibly to chaotic changes and losses that occur in life.
- Demonstrate how individuals with an over-controlled temperament may be uniquely impacted by and respond to the challenges of 2020-civil unrest in response to systematic racism, climate change, COVID-19 among others.
- Define Radical Openness, how it differs from Radical Acceptance, and why it might be particularly helpful during this time of polarization.

For additional information about the presentation, continuing education and registration,

[Click Here!](#)

Presenters

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