



Live Webinar*

Radically Open DBT for Disorders of Overcontrol

**Friday, May 9, 2025
9:00AM - 10:30AM PDT**

**A recording will be made available for those who can't attend live*

Radically Open Dialectical Behavior Therapy (RO DBT) is an evidence-based framework informed by 20+ years of translational research designed specifically for overcontrolled coping (OC) and internalizing disorders, which can present as symptoms such as, overthinking, masking, rigidity, and emotional loneliness, and mental health disorders, such as refractory depression, chronic anxiety, restriction-based eating disorders, and obsessive compulsive personality disorder. Overcontrol and internalization are at times colloquially referred to as invisible or silent suffering, and consequently, those with this coping style may not seek out or receive care, which can be detrimental to overall health, or even life-threatening. The webinar will provide an overview of the development and structure of RO DBT treatment, including the primary treatment targets. Additional topics include radical openness, biosocial theory of maladaptive overcontrol, and social signaling as a key mechanism of change.



Reina Remigio, PhD, (she/ze) is a clinical psychologist, who is passionate about and specializes in working with individuals, couples, and families with overcontrolled coping (OC) styles and internalizing disorders. Dr. Remigio supervises pre- and postdoctoral students in community mental health and as a Wright Institute Adjunct Clinical Services Faculty focusing on OC. She is Level 3 intensively trained in Radically Open Dialectical Behavior Therapy (RO DBT) and leads the RO DBT Trauma Special Interest group.



Tim Barry, LCSW, (he/him) is a clinician with over 20 years of experience working across the spectrum of mental health levels of care. In addition to providing individual, couples, and family therapy- Tim has been an adjunct lecturer at University of Southern California Dworak Peck School of Social Work. Tim is Level 3 intensively trained in Radically Open Dialectical Behavior Therapy (RO DBT). Tim co-facilitates two RO DBT Skills Classes.

Webinar objectives:

1. Define radical openness in RO DBT and list 3 general steps in the practice of radical openness.
2. Identify the core issue as per RO DBT framework.
3. Name the primary treatment targets.

Dr. Remigio and Tim Barry have not received any commercial support for this program or its contents and will not receive any commercial support prior to or during this program.

[Link to Sign up for Webinar](#)

1.5 CE credits provided

Cognitive Behavior Therapy Institute (CBTI) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBTI maintains responsibility for this program and its content.

Joel L. Becker, Ph.D., Founder and Director

After registering you will receive a confirmation email containing information about joining the training.



Cognitive Behavior Associates (CBA) is one of the largest clinical practices in the Los Angeles area offering short-term, problem-focused therapy from a cognitive-behavioral perspective.

All of our treatments are based on scientific research, and we continually measure and quantify progress for each client so we know when therapy is working. Each of our clinicians differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

Joel Becker, Ph.D.
Founder and Clinical Director of CBA &
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