



Tana Welter to Present DBT Training at Mental Health Conference

May 15, 2026

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Sentier Psychotherapy therapist Tana Welter, MSW, LICSW, will present a Dialectical Behavior Therapy training session at the Innovations in Mental Health Conference in St. Paul on Thursday, May 14, 2026. The conference is hosted by Newport Healthcare and TPN.health, a continuing education platform for behavioral health professionals. This training will gather clinicians from across the region for a day of practitioner-focused training on current and innovative topics in mental health care.

Welter's session will focus on the practical application of Dialectical Behavior Therapy, commonly known as DBT, across a broad range of client populations and presenting concerns. The training is designed for mental health professionals who use or teach DBT skills in group or individual settings, and addresses how clinicians can adapt the framework beyond its original applications. Welter is a mental health therapist at Sentier Psychotherapy who facilitates individual, parent and family therapy sessions at this time in her career. She also facilitates DBT skills groups and workshops for teens and adults at Sentier Psychotherapy and has worked with the modality in residential, school, and juvenile justice settings earlier in her career. The session will combine instruction on the underlying theory of DBT with concrete strategies clinicians can use when teaching skills to clients who present with different histories, diagnoses, and life circumstances. It also

touches on helping clinicians who have access to all of the DBT skills in order to make them user friendly and accessible to different populations.

DBT was developed by psychologist Marsha Linehan and is structured around four skill modules: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. The approach is used in many clinical settings to support clients who experience intense emotions and who benefit from concrete coping skills. While DBT was originally created for adults with chronic suicidal ideation and emotion dysregulation, contemporary clinical practice has extended the framework to adolescents, families, clients with substance use concerns, clients with eating concerns, and clients navigating trauma. Welter's training will speak to that broader application in non-adherent settings and the clinical decisions involved in adapting the skills responsibly for each population.

"DBT is applicable to a wide range of people and presenting problems. My goal for this training is to equip mental health professionals to feel more confident in teaching and applying the skills to many types of clients and to have fun in the process," said Tana Welter, MSW, LICSW, therapist at Sentier Psychotherapy.

The Innovations in Mental Health Conference offers continuing education credit through TPN.health, which is approved by the American Psychological Association and several state licensing boards as a continuing education provider for psychologists, licensed mental health counselors, marriage and family therapists, and social workers. The St. Paul gathering brings together therapists, social workers, counselors, and other clinicians for a day of sessions focused on practical, skills-based training that participants can apply in their work the following week. Sessions are structured to give attendees both clinical concepts and concrete tools they can integrate into existing caseloads. Additionally, the conference is being held at the Como Zoo, which is a fun and down to earth space for clinicians who will attend.

The conference takes place during an active period for mental health continuing education in the Twin Cities, with clinicians seeking practical training they can immediately apply in practice. Sentier Psychotherapy owner Megan Sigmon-Olsen, MSW, LICSW, noted that Welter brings a teaching style that pairs technical fluency in DBT with attention to client experience and group dynamics, and that her sessions tend to draw clinicians who are looking for more than a procedural overview of the modality.

"Tana is a gifted therapist both in the office and with other clinicians. She is passionate about making DBT more than just a set of skills that therapists can Google and half-heartedly apply and teach," said Megan Sigmon-Olsen, MSW, LICSW, owner of Sentier Psychotherapy.

In addition to her work with Sentier's DBT skills groups, Welter sees individual clients with a focus on teens, families, parents, and clients recovering from trauma. Much of her caseload reflects the populations the training is designed to address, and the session is expected to draw clinicians who are building DBT into

general outpatient practice rather than running formal comprehensive/adherent DBT programs. Continuing education credit details and registration information for the conference are available through the TPN.health platform.

Sentier Psychotherapy is a counseling clinic located at 475 Cleveland Ave N, Suite 103 in St. Paul, Minnesota. The practice offers individual, group, and family therapy for children, teens, and adults, with focus areas that include child and teen counseling, LGBTQIA+ affirming care, trauma therapy, autism assessments, parent support, and DBT skills groups.

For more information about Sentier Psychotherapy and its current offerings, visit their website or connect via Instagram

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For more information about Sentier Psychotherapy, contact the company here: Sentier Psychotherapy Megan Sigmon-Olsen 763-913-8261 msigmon@sentiertherapy.com 475 Cleveland Ave N #103 St Paul, MN 55104

Sentier Psychotherapy

Sentier Psychotherapy is an integrative counseling practice that specializes in mental health services including individual therapy, family therapy, group therapy, and couples counseling.

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