



**Dialectical Behavior Therapy (DBT) Series - Module 2:
A Four-Part Training Workshop**

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Thursdays, February 23 - March 23, 2023, 12-1pm EST

<https://nyph.zoom.us/j/99609914013>

Meeting ID 996 0991 4013

				THURS		
				FEB 23		
				MAR 2		
				MAR 9		
				MAR 23		

ABOUT THE SPEAKER

Dr. Cherestal is an Assistant Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine and an Assistant Attending Psychologist at New York-Presbyterian Hospital Westchester Behavioral Health Center. Dr. Cherestal earned a Ph.D. in Clinical Psychology from Hofstra University and completed her pre-doctoral training through her clinical internship with NYU/Bellevue Hospital Center. As a licensed clinical psychologist, Dr. Cherestal specializes in cognitive behavioral therapy (CBT) and dialectical behavior therapy (DBT) for adults and adolescents with anxiety, mood, and personality disorders. As director of the NYP-Westchester Behavioral Health Center's Outpatient DBT programs, she provides individual and group DBT treatment to patients, and conducts supervision and training to trainees in DBT.

Dr. Conigliaro is a postdoctoral fellow at New York Presbyterian/Weill Cornell Medicine, who earned a PhD in Clinical Psychology from Hofstra University. She completed her predoctoral Internship at Yale University, where she participated as a member of a comprehensive DBT team and provided DBT as part of an Intensive Outpatient Program. She also completed a number of externships at several esteemed placements that strengthened her skills in CBT and DBT, such as at Cognitive & Behavioral Consultants and the Northwell Health Behavioral Health College Partnership. She has also published a number of peer-reviewed articles on suicidality and non-suicidal self-injury, and she also served as the Principal Investigator in the Suicidal Behaviors Research Program at Hofstra University. During her fellowship, Dr. Conigliaro refining her skills in CBT and DBT and gaining additional experience in CBT-E and ERP.

Speaker Disclosure: Drs. Cherestal and Conigliaro have nothing to disclose and do not intend to discuss off-label or investigational use of products or services.

ABSTRACT

The Second Module of the Dialectical Behavior Therapy (DBT) Seminar Series will teach the strategies and interventions used when conducting individual therapy in DBT. Subsequent modules will describe teaching the skills of DBT in a group format, providing phone coaching and assessing risk, and delivering DBT-Prolonged Exposure. Attendees will learn of the principles of DBT through lecturing, demonstrated role-plays, and through practicing skills and interventions together.

MODULE 2 LEARNING OBJECTIVES

1. Explain the goals and requirements of Dialectical Behavior Therapy, when orienting new patients to the treatment
2. Describe various strategies for strengthening commitment to DBT
3. Discuss use of a Diary Card to track patients' problem behaviors, challenging emotions, and skills practice
4. Practice conducting behavioral chain analyses and missing links analyses to target patients' problematic behaviors

**4 CEUs available to full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend all sessions of module 2 (Feb 23, 2023, Mar 2, 2023, Mar 9, 2023 and Mar 23, 2023) and who complete a survey to be sent after the final session of Module 2.*

REFERENCES

Linehan, M. (1993). Skills training manual for treating borderline personality disorder. Guilford press.
 Linehan, M. (2014). DBT? Skills training manual. Guilford Publications.
 Koerner, K. (2011). Doing dialectical behavior therapy: A practical guide. Guilford Press.
 Swenson, C. (2016). DBT principles in action: Acceptance, change, and dialectics. Guilford Publications.
 Heard, H. & Swales, M. (2015). Changing behavior in DBT: Problem solving in action. Guilford Publications.