



Dialectical Behavior Therapy (DBT) Series - Module 3: A Four-Part Training Workshop

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Thursdays, March 30 - April 13, 2023, 12-1pm EST
<https://nyph.zoom.us/j/99609914013>
Meeting ID 996 0991 4013

				THURS		
				MAR 30		
				APRIL 6		
				APRIL 13		

ABSTRACT

The Third Module of the Dialectical Behavior Therapy (DBT) Seminar Series will explain the structure and format of DBT skills groups, and provide a demonstration of the teaching of DBT skills. The final module will describe the delivery of DBT-Prolonged Exposure. Attendees will learn of the principles of DBT through lecturing, demonstrated role-plays, and through practicing skills and interventions together.

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.

Speaker Disclosure: Dr. Cherestal has nothing to disclose and does not intend to discuss off-label or investigational use of products or services.

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MODULE 3 LEARNING OBJECTIVES

1. Explain the goals and requirements of Dialectic. Explain the structure and format of Dialectical Behavior Therapy skills groups
2. Describe how to teach skills in mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, and walking the middle path
3. Describe how to teach the skills in a lively, engaging manner
4. Prepare to troubleshoot patients' questions about the skills learned

**3 CEUs available to full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend all sessions of module 3 (Mar 30, 2023, Apr 6, 2023, Apr 13, 2023) and who complete a survey to be sent after the final session of Module 3.*

REFERENCES

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- McKay, M., Wood, J. C., & Brantley, J. (2019). *The dialectical behavior therapy skills workbook: Practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance*. New Harbinger Publications.
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