

DBT SEMINAR SERIES:

THIS DBT SEMINAR SERIES IS A MULTI-WEEK SEMINAR SERIES SPANNING FROM SEPTEMBER 2025 TO JANUARY 2026, COVERING THE FOUNDATIONAL PRINCIPLES AND STRATEGIES OF DIALECTICAL BEHAVIOR THERAPY.

MODULE 2: DBT SKILL GROUPS

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Assistant Professor of Psychology in Clinical Psychiatry Weill Cornell Medicine

Module 2 Abstract

The Second 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. Attendees will learn about teaching of DBT skills to adult patients, as well as to adolescents and caretakers in multifamily groups. Attendees will learn through lecturing, demonstrated role-plays, and through practicing skills and interventions together.

Speaker

Stephanie Cherestal, Ph.D. 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 Adult and Adolescent DBT programs, she provides individual and group DBT treatment to patients and conducts supervision and training to trainees in DBT. Dr. Cherestal also serves as Director of Health Justice in the Department of Psychiatry at Weill Cornell Medicine. She serves as a faculty advisor of the New York-Presbyterian Child and Adolescent Psychiatry Fellowship's Voices Committee, along with Patrice Malone, MD. Dr. Cherestal’s research interests include exploring and evaluating strategies for increasing dissemination of and access to evidence-based psychotherapies, particularly to underserved patient communities

Learning Objective

- 1. 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. Practice teaching the skills in a lively, engaging manner.
- 4. Practice troubleshooting patients’ questions about the skills learned.

References

1. Linehan, M. (2014). *DBT? Skills Training Manual, Second Edition*. Guilford Publications.

2. Van Leeuwen, H., Sinnavee, R., Witteveen, U., Van Daele, T., Ossewaarde, L., Egger, J. I. M., & Van Den Bosch, L. M. C. (2021). Reviewing the availability, efficacy and clinical utility of Telepsychology in dialectical behavior therapy (Tele-DBT). *Borderline Personality Disorder and Emotion Dysregulation*, 8(1). <https://doi.org/10.1186/s40479-021-00165-7>

3. Delaquis, C. P., Joyce, K. M., Zalewski, M., Katz, L. Y., Sulymka, J., Agostinho, T., & Roos, L. E. (2021). Dialectical behaviour therapy skills training groups for common mental health disorders: A systematic review and meta-analysis. *Journal of Affective Disorders*, 300, 305–313. <https://doi.org/10.1016/j.jad.2021.12.062>

4. Lyng, J., Swales, M. A., Hastings, R. P., Millar, T., Duffy, D. J., & Booth, R. (2019). Standalone DBT group skills Training versus standard (i.e. all modes) DBT for Borderline Personality Disorder: a natural quasi-experiment in routine clinical practice. *Community Mental Health Journal*, 56(2), 238–250. <https://doi.org/10.1007/s10597-019-00485-7>

This is a weekly seminar that meets on Thursdays, except for the third Thursday of each month due to Psychology Grand Rounds, and on Thursdays that fall on holidays.



DATES:

- Thursday October 2, 2025
- Thursday October 9, 2025



Lecture Time:

- 12:00pm - 1:00pm ET



Live Online, Live In-Person

<https://nyph.zoom.us/j/95503396843>

- Meeting ID: 955 0339 6843
- *In-Person at the NYP-WBH Main Building: Conference Room D*



Continuing Education

2 CE hours available to WCM Department of Psychiatry full time and voluntary faculty Psychologists, Social Workers, and LMHCs who attend all two sessions of module 2 (Oct 2, 2025, Oct 9, 2025) and who complete an evaluation within 30 days of the final session.



Instructional Level: This event is appropriate for all audiences (introductory, intermediate and advanced).



Speaker Disclosure

Dr. Cherestal has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

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This event is hosted by the WCM Academy of Behavioral Health and Continuing Education. Information regarding CE program please visit the WCM CE website: <https://psychiatry.weillcornell.edu/education-training/continuing-education>. For additional questions contact wcmpsychiatry@med.cornell.edu.