

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.

PLEASE NOTE THIS IS ZOOM ONLY!

MODULE 3: SKILLS FOR CLINICIANS

Alyssa Conigliaro, PhD

Assistant Professor of Psychology in Clinical Psychiatry Weill Cornell Medicine

Module 3 Abstract

The third module of this series will describe getting started with a patient in individual DBT treatment, including conducting chain and solution analyses surrounding patient target behaviors. Attendees will learn through lecturing, demonstrated role-plays, and through practicing skills and interventions together.

Speaker

Alyssa Conigliaro, PhD is an Assistant Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine and an Assistant Attending Psychologist at New York-Presbyterian Hospital, who earned a PhD in Clinical Psychology from Hofstra University. She completed her predoctoral Internship at Yale University, and completed her postdoctoral training at New York-Presbyterian Hospital Westchester Behavioral Health Center. 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. Dr. Conigliaro 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.

Learning Objective

1. Describe various strategies for strengthening commitment to DBT.
2. Discuss use of a Diary Card in individual therapy to track patients’ problem behaviors, challenging emotions, and skills practice.
3. Practice conducting behavioral chain analyses and missing links analyses to target patients ’problematic behaviors.

References

1. Harned, M. S., Schmidt, S. C., Korslund, K. E., & Gaglia, A. (2023b). Therapist Adherence to Dialectical Behavior therapy in routine practice: Common challenges and recommendations for improvement. *Journal of Contemporary Psychotherapy*, 54(2), 87–98. <https://doi.org/10.1007/s10879-023-09601-x>
2. Linehan, M. M., & Wilks, C. R. (2015b). The course and Evolution of Dialectical Behavior Therapy. *American Journal of Psychotherapy*, 69(2), 97–110. <https://doi.org/10.1176/appi.psychotherapy.2015.69.2.97>
3. Navarro-Haro, M. V., Morillo, A. A., & García-Palacios, A. (2024b). Applying dialectical behavior therapy as a transdiagnostic treatment in a case of borderline personality disorder and eating disorder. *Journal of Clinical Psychology*. <https://doi.org/10.1002/jclp.23754>
4. Gillespie, C., Murphy, M., Kells, M., & Flynn, D. (2022). Individuals who report having benefitted from dialectical behaviour therapy (DBT): a qualitative exploration of processes and experiences at long-term follow-up. *Borderline Personality Disorder and Emotion Dysregulation*, 9(1). <https://doi.org/10.1186/s40479-022-00179-9>

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 23, 2025
- Thursday October 30, 2025
- Thursday November 6, 2025



Lecture Time:

- 12:00pm - 1:00pm ET



Live Online

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

- Meeting ID: 955 0339 6843



Continuing Education

3 CE hours available to WCM Department of Psychiatry full time and voluntary faculty Psychologists, Social Workers, and LMHCs who attend all three sessions of module 3 (Oct 24, 2025, Oct 30, 2025, Nov 6, 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 Disclosures

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.

Dr. Conigliaro 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.weill.cornell.edu/education-training/continuing-education>. For additional questions contact wcmpsychiatry@med.cornell.edu.