

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 5: DBT-PROLONGED EXPOSURE

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Module 5 Abstract

The fifth module of the Dialectical Behavior Therapy (DBT) Seminar Series will provide an overview of DBT-Prolonged Exposure, and explain the structure and format of this treatment. This module will describe the presentation of a patient both indicated for and ready to engage in DBT-PE, explain the strategies implemented in DBT-PE, and present ways to troubleshoot barriers to engaging in this treatment. Attendees will learn of the principles of DBT-PE through lecturing, videos, and through practicing 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 Prolonged Exposure, and how PE differs from DBT-Prolonged Exposure.
- 2. Describe how to increase patient motivation to engage in DBT-Prolonged Exposure.
- 3. Describe the components and strategies of DBT-Prolonged Exposure.
- 4. Practice troubleshooting barriers to engaging in DBT-Prolonged Exposure.

References

1. Foa, E. B., Chrestman, K. R., & Gilboa-Schechtman, E. (2008). Prolonged Exposure Therapy for Adolescents with PTSD Therapist Guide. In *Oxford University Press eBooks*.
<https://doi.org/10.1093/med/psych/9780195331745.001.0001>

2. Hembree, E. A., Rauch, S. A., & Foa, E. B. (2003). Beyond the manual: The insider's guide to Prolonged Exposure therapy for PTSD. *Cognitive and Behavioral Practice*, 10(1), 22–30. [https://doi.org/10.1016/s1077-7229\(03\)80005-6](https://doi.org/10.1016/s1077-7229(03)80005-6)

3. Harned, M. S., Korslund, K. E., & Linehan, M. M. (2014). A pilot randomized controlled trial of Dialectical Behavior Therapy with and without the Dialectical Behavior Therapy Prolonged Exposure protocol for suicidal and self-injuring women with borderline personality disorder and PTSD. *Behaviour Research and Therapy*, 55, 7–17. <https://doi.org/10.1016/j.brat.2014.01.008>

4. Harned, M. S., Korslund, K. E., Foa, E. B., & Linehan, M. M. (2012). Treating PTSD in suicidal and self-injuring women with borderline personality disorder: Development and preliminary evaluation of a Dialectical Behavior Therapy Prolonged Exposure Protocol. *Behaviour Research and Therapy*, 50(6), 381–386.
<https://doi.org/10.1016/j.brat.2012.02.011>

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 January 8, 2025
- Thursday January 22, 2026
- Thursday January 29, 2026



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

Each session in this module is worth 1 CE credit (up to 3 total CEs). CE credits are available to WCM Department of Psychiatry full-time and voluntary faculty Psychologists, Social Workers, and LMHCs. Participants must attend the individual session(s) for which they are seeking credit and complete an evaluation within 30 days of that 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.