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

Module 1 January 5th-February 9th, 2023: Fundamentals of DBT (5 CEUs*):

Live Online via Zoom Thursdays at 12pm-1pm EST:
https://nyph.zoom.us/j/99609914013 - Meeting ID: 996 0991 4013

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

*5 CEUs available to full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend all sessions of module 1 (January 5th, 12th, 26th & February 2 & 9th, 2023) and who complete a survey to be sent after the final session of Module 1.
Abstract: The First Module of the Dialectical Behavior Therapy (DBT) Seminar Series will cover the foundational principles and strategies of DBT. Subsequent modules will describe providing individual therapy in DBT, 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 1 Learning Objectives:
1. Explain the basic principles underlying Dialectical Behavior Therapy
2. Discuss the Biosocial Theory as it relates to adult and adolescent patients, as well as their families, and to the targets of DBT
3. Describe how to formulate a DBT Case Conceptualization
4. Identify and prioritize treatment targets in DBT framework

References: