

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Notes:			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	Notes:			

Weill Cornell Medicine Department of Psychiatry is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY- 0912. The New York Presbyterian Hospital Department of Social Work is recognized by New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers # SW 0155.

*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.

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.

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:

- Linehan, M. M. (1993). Skills training manual for treating borderline personality disorder. Guilford press.
- Linehan, M. (2014). DBT Skills training manual. Guilford Publications.
- Harned, M. S. (2022). Treating Trauma in Dialectical Behavior Therapy: The DBT Prolonged Exposure Protocol (DBT PE). Guilford Publications.
- Rathus, J. H., & Miller, A. L. (2014). DBT skills manual for adolescents. Guilford Publications.
- 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.