

Dialectical Behavior Therapy (DBT) Series

Module 1: Fundamentals of DBT

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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.

January 4th, 2024 12pm-1pm EST & January 25th, 2024 12pm-1pm EST

2 CE hours*

Hybrid, Live Online

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 996 0991 4013

AND In-Person at the **NYP-WBH Outpatient Building Conference Room A**

JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
31	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	1	2	3

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*2 CE hours available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend both sessions of module 1 (January 4th, 2024 and January 25, 2024), and who complete a survey to be sent after the second and final session of Module 1. Note the survey must be completed within 30 days of the final session. Please contact WCMPsychiatryCE@med.cornell.edu for additional CE questions or information.

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.