

Dialectical Behavior Therapy (DBT) Series

Module 2: Teaching Skills in 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.

October 3rd, 2024 12pm-1pm EST & October 10th, 2024 12pm-1pm EST

2 CE hours*

Live Online via Zoom Thursdays at 12pm-1pm EST:

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

Meeting ID: 996 0991 4013

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

*2 CE hours available to WCM Department of Psychiatry full time and voluntary faculty Psychologists, Social Workers, and LMHCs who attend both sessions of module 2 (October 3rd, 2024 and October 10th, 2024), and who complete an evaluation within 30 days of the final session.

OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	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

www.GrabCalendar.com

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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 Second Module of the Dialectical Behavior Therapy (DBT) Seminar Series will explain the structure and format of DBT skills groups, and provide a demonstration of the teaching of DBT skills. The third module will describe getting started with a patient in individual DBT treatment. The fourth module will cover strategies for managing crises and treatment-interfering Behaviors in DBT. The final module will describe the delivery of DBT-Prolonged Exposure. Attendees will learn of the principles of DBT through lecturing, demonstrated role-plays, and through practicing skills and interventions together.

Target Audience:

This content is appropriate for beginner, intermediate and advanced level practitioners.

Module 2: Learning Objectives:

1. Explain the structure and format of Dialectical Behavior Therapy skills groups
2. Describe how to teach skills in mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, and walking the middle path
3. Practice teaching the skills in a lively, engaging manner
4. Practice troubleshooting patients' questions about the skills learned

References:

- Linehan, M. (2014). *DBT? Skills training manual*. Guilford Publications.
- Rathus, J. & Miller, A. (2014). *DBT skills manual for adolescents*. Guilford Publications.
- van Leeuwen, H., Sinnaeve, R., Witteveen, U., Van Daele, T., Ossewaarde, L., Egger, J. I., & van den Bosch, L. (2021). Reviewing the availability, efficacy and clinical utility of Telepsychology in dialectical behavior therapy (Tele-DBT). *Borderline personality disorder and emotion dysregulation*, 8(1), 1-15.
- 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.
- Van Dijk, S. (2013). *DBT made simple: A step-by-step guide to Dialectical Behavior Therapy*. New Harbinger Publications.