

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

Module 4: April 27, 2023 – May 11th, 2023: DBT-Prolonged Exposure (3 CEUs\*):

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

<https://nyph.zoom.us/j/99609914013> - Meeting ID: 996 0991 4013

## Stephanie Cherestal, PhD

*Assistant Professor of Psychology in Clinical Psychiatry Weill Cornell Medicine*

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

APRIL 2023

SUN	MON	TUE	WED	THU	FRI	SAT
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MAY 2023

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\*3 CEUs available to full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend all sessions of module 4 (April 27, 2023, May 4, 2023, May 11, 2023) and who complete a survey to be sent after the final session of Module 4.

**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 fourth 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 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.

#### **Module 4 Learning Objectives:**

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:**

- Foa, E. B., Chrestman, K. R., & Gilboa-Schechtman, E. (2008). *Prolonged exposure therapy for adolescents with PTSD emotional processing of traumatic experiences, therapist guide*. Oxford University Press..
- 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.
- Harned, M. S. (2022). *Treating trauma in dialectical behavior therapy: The DBT prolonged exposure protocol (DBT PE)*. Guilford Publications.
- 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.
- 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.