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

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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.

*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.
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:


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.