

DBT SEMINAR SERIES:

THIS DBT SEMINAR SERIES IS A MULTI-WEEK SEMINAR SERIES SPANNING FROM SEPTEMBER 2025 TO JANUARY 2026, COVERING THE FOUNDATIONAL PRINCIPLES AND STRATEGIES OF DIALECTICAL BEHAVIOR THERAPY.

MODULE 1: FOUNDATIONAL PRINCIPLES AND STRATEGIES OF DBT

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Module 1 Abstract

The First Module of the Dialectical Behavior Therapy (DBT) Seminar Series will cover the foundational principles and strategies of DBT, including an overview of DBT and how to formulate a DBT Case Conceptualization. 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 through lecturing, demonstrated role-plays, and through practicing skills and interventions together.

Speaker

Stephanie Cherestal, Ph.D. 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 Adult and Adolescent DBT programs, she provides individual and group DBT treatment to patients and conducts supervision and training to trainees in DBT. Dr. Cherestal also serves as Director of Health Justice in the Department of Psychiatry at Weill Cornell Medicine. She serves as a faculty advisor of the New York-Presbyterian Child and Adolescent Psychiatry Fellowship's Voices Committee, along with Patrice Malone, MD. Dr. Cherestal's research interests include exploring and evaluating strategies for increasing dissemination of and access to evidence-based psychotherapies, particularly to underserved patient communities

Learning Objectives

- 1. Describe 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

1. Linehan, M. M., Korslund, K. E., Harned, M. S., Gallop, R. J., Lungu, A., Neacsiu, A. D., McDavid, J., Comtois, K. A., & Murray-Gregory, A. M. (2015). Dialectical Behavior therapy for high suicide risk in individuals with borderline personality disorder. *JAMA Psychiatry*, 72(5), 475. <https://doi.org/10.1001/jamapsychiatry.2014.3039>

2. De Andrade, D., Davidson, L., Robertson, C., Williams, P., Leung, J., Walter, Z., Allan, J., & Hides, L. (2024). Randomized effectiveness-implementation trial of dialectical behavior therapy interventions for young people with borderline personality disorder symptoms. *Journal of Clinical Psychology*, 80(10), 2117–2133. <https://doi.org/10.1002/jclp.23725>

3. Ward-Ciesielski, E. F., Jones, C. B., Wielgus, M. D., Wilks, C. R., & Linehan, M. M. (2016). Single-session dialectical behavior therapy skills training versus relaxation training for non-treatment-engaged suicidal adults: a randomized controlled trial. *BMC Psychology*, 4(1). <https://doi.org/10.1186/s40359-016-0117-4>

This is a weekly seminar that meets on Thursdays, except for the third Thursday of each month due to Psychology Grand Rounds, and on Thursdays that fall on holidays.



DATES:

- Thursday September 11, 2025
- Thursday September 25, 2025



Lecture Time:

- 12:00pm - 1:00pm ET



Zoom: Live Online, Live In-Person

<https://nyph.zoom.us/j/95503396843>

- Meeting ID: 955 0339 6843
- *In-Person at the NYP-WBH Main Building Conference Room A*



Continuing Education

2 CE hours available to WCM Department of Psychiatry full time and voluntary faculty Psychologists, Social Workers, and LMHCs who attend all two sessions of module 1 (Sept 11, 2025, Sept 25, 2025) and who complete an evaluation within 30 days of the final session.



Instructional Level: This event is appropriate for all audiences (introductory, intermediate and advanced).



Speaker Disclosure

Dr. Cherestal has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.