

Psychiatry Grand Rounds

WCM Department of Psychiatry
Psychology CE Announcement



**Weill Cornell
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Psychiatry

Harnessing Intergenerational Transmission and Relational Contexts for Effective Intervention and Prevention: Strategies to Promote Emotional Regulation and Resilience

Stephanie Stepp, PhD

Director, EmBRACE Laboratory | Co-Director, Intergenerational Studies | Co-Director, Pittsburgh Girls Study
Professor, Psychiatry & Psychology
University of Pittsburgh

Live Online, Live In-person

Wednesday, November 20th, 2024

11:00am – 12:00pm

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

Meeting ID: 928 1203 6154

Password: 12345



1 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists, Social Workers and LMHCs, who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact wcmpsychiatryce@med.cornell.edu for additional CE information

Speaker

Dr. Stepp has advanced our understanding of borderline personality disorder (BPD) and suicide, focusing on the developmental trajectory from early childhood to adulthood. Earning her Ph.D. in Clinical Psychology with a minor in Quantitative Methods from the University of Missouri in 2007, she challenged the notion that personality disorders emerge only in adulthood. Her research identified stable BPD features in children and an "externalizing pathway" in adolescents, highlighting the impact of ADHD and ODD. Her work explores how parenting behaviors and family dynamics influence BPD in youth and the role of emotion socialization in transmitting BPD traits, especially anger, across generations. Dr. Stepp also examines how romantic and maternal-child relationships impact suicide risk and develops app-based interventions like "BRITE" and "iCHART" for pediatric healthcare providers managing suicidal youth. An experienced clinician and teacher, Dr. Stepp is licensed in Dialectical Behavior Therapy for adolescents with BPD. She mentors students, interns, and junior faculty and has supported F32 and K01 award recipients. She serves as an Action Editor for the Journal of Personality Disorders and was President of the North American Society for the Study of Personality Disorders (2019–2022). Dr. Stepp has authored 150 publications with over 3,200 citations and an h-index of 35.

Financial Disclosure: Dr. Stepp 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.

Abstract

This presentation delves into how emotional regulation (ER) strategies are transmitted across generations, particularly in families where parents have borderline personality disorder. It examines how parental ER and socialization practices play a pivotal role in shaping children's emotional development and outcomes, highlighting opportunities for early intervention to mitigate emotional and behavioral dysregulation in at-risk youth. Evidence-based approaches, such as Dialectical Behavior Therapy (DBT) skills training, are shown to improve parental ER, ultimately reducing maladaptive emotional outcomes in children and fostering resilience. Key findings from recent longitudinal studies and randomized control trials will be presented, underscoring the significant impact that dynamic changes within relational environments can have on children's developmental trajectories. This integrative framework provides a pathway for clinicians to design and implement more effective mental health interventions that consider intergenerational and contextual factors, supporting better outcomes for at-risk families across generations.

Learning Objectives

1. Explain the role of parental emotion regulation and socialization in child development.
2. Identify dyadic emotional processes linked to suicide risk.
3. Recognize effective interventions for improving parental emotion regulation.

References

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4. Gratz, K. L., Myntti, W., Kiel, E. J., Kurtz, A. J., & Tull, M. T. (2023). Clarifying the relation between mother and adolescent borderline personality disorder symptoms: The roles of maternal and adolescent emotion regulation and maladaptive maternal emotion socialization. *Personality Disorders Theory Research and Treatment*, 15(1), 84–93. <https://doi.org/10.1037/per0000629>
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