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Division of Psychiatry and Behavioral Sciences  
Division of Psychology and Behavioral Health

FY24 Behavioral Health Grand Rounds

# Cultural Adaptations of Dialectical Behavior Therapy for Spanish-Speaking Caregivers

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Children's National Hospital

Virtual (Zoom)

<https://childrensnational.zoom.us/j/96102569437>

Passcode: 3932

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**Beverlin Rosario-Williams, MA** is a doctoral candidate in the Health Psychology and Clinical Science Ph.D. program at Hunter College and The Graduate Center, City University of New York. She is currently completing her psychology internship at Children's National Hospital. Bev's research focuses on the intersection of childhood trauma, emotion dysregulation, and suicidal thoughts and behaviors among youth in the context of family systems. Clinically, she is interested in cultural and linguistic adaptations of evidence-based interventions that address emotion dysregulation, suicidal thoughts and behaviors, and family dynamics. After completing her internship, Bev will complete a postdoctoral fellowship at Johns Hopkins Bloomberg School of Public Health implementing a culturally-informed, family-based intervention that addresses suicide prevention in Latinx immigrant youth and their caregivers.

**Abstract:** Dialectical behavioral therapy (DBT) is an evidence-based intervention used to treat suicidal thoughts, self-injurious behaviors, and emotion dysregulation (Kothgassner et al., 2021). Latinx youth have increased internalizing symptoms but access mental health resources at lower rates than other racial and ethnic groups. Efforts to adapt DBT into other languages are documented in the literature. However, few resources are of linguistically and culturally adapted DBT skills are available, particularly in Spanish. Given the high rates of Latinx youth with Spanish-speaking caregivers who are hospitalized at Children's National's psychiatric inpatient unit, a quality improvement project was created to offer DBT skills to Spanish-speaking caregivers. This presentation will 1) provide an overview of the barriers to accessing mental health services that Latinx families experience, 2) describe the process of creating and adapting a DBT parenting group for Spanish speaking caregivers, and 3) display preliminary feedback shared by caregivers.

**Target audience:** Psychiatrists, Psychologists, Social Workers, Psychiatry fellows, Psychology Doctoral Interns

## Learning objectives:

By the end of this presentation, participants should be able to:

1. Describe barriers to mental health care that Spanish speaking Latinx caregivers face.
2. Explain the general goals of dialectical behavioral therapy.
3. Discuss steps to adapt DBT interventions considering cultural and linguistic differences.
4. List limitations in adapting clinical interventions.

**Accreditation:** The Medical Society of Virginia is a member of the Southern States CME Collaborative, an ACCME Recognized Accreditor. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Southern States CME Collaborative (SSCC) through the joint providership of Inova Health System Office of Continuing Medical Education and Children's National Hospital. Inova Health System Office of Continuing Medical Education is accredited by the SSCC to provide continuing medical education for physicians.

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