

# PSYCH FORUM

SPRING 2025 SERIES

## Foundations of Dialectical Behavioral Therapy: Finding Balance Between Acceptance and Change



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### ABOUT THE SPEAKER:

#### Education Background:

BS Psychology & International Relations ||  
Tufts University  
MA, PhD Clinical Psychology || Temple  
University  
Predoctoral Internship || University of  
Washington School of Medicine

#### Research Focus:

- Trait (static) and state (dynamic) factors that increase risk for suicide and self-injury
- Treatment development and evaluation for suicide prevention
- Ecological momentary assessment and intervention for emotion and behavioral dysregulation

### TALK DETAILS



**14 MARCH 2025 (FRIDAY)**  
**3-4PM**



Click to join

**ZOOM MEETING ID:**  
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**PASSWORD:**  
503915

Any Questions? Email Psych Forum Coordinator, Jess Chong, PhD at [jess.chong@sjsu.edu](mailto:jess.chong@sjsu.edu)