Biography: Dr. Esme Shaller

Dr. Esme Shaller (she/her/hers) is a clinical professor in the Department of Psychiatry and Behavioral Sciences at UCSF. Esme received her bachelor's degree in psychology with highest honors from UC Berkeley and her doctorate in clinical psychology from the State University of New York, Stony Brook. She is the clinical director of the Wavefront Dialectical Behavior Therapy Clinic and a past conference chair and board president of the International Society for the Improvement and Teaching of DBT (ISITDBT).

Esme's passion lies in the teaching and dissemination of empirically supported treatments for complex psychological problems, particularly in adolescence. As such, she devotes a large percentage of her time to teaching and training, within UCSF's residency and fellowship programs, nationally, and internationally. Her book, *Therapy-Interfering Behavior in DBT*, came out in 2025 from Guilford Press.

Some recent publications include:

- Shaller, E. A. (2025). **Therapy-interfering Behavior in DBT**. Guilford Publications.

- Haft, S. L., O'Grady, S. M., Shaller, E. A., & Liu, N. H. (2022). **Cultural adaptations of dialectical behavior therapy**: A systematic review. *Journal of Consulting and Clinical Psychology*, *90*(10), 787.

- Darrow, S. M., Maliken, A. C., Piatigorsky, A., Stuart, B. K., Todd, N., Yaeger, A. M., & Londahl-Shaller, E. A. (2022). **Effectiveness of the family-based model of dialectical behavior therapy for both suicidal adolescents and young adults in an academic medical center**. *Journal of clinical psychology*, *78*(7), 1422-1435.

- O'Grady, S. M., Haft, S. L., Shaller, E. A., & Liu, N. H. (2022). **Cultural adaptations of dialectical behavior therapy: Clinical recommendations**. *TANCE*, 4.