

## Calming The Emotional Storm: DBT Emotion Regulation Skills

Over 75% of mental illnesses described in the DSM are related to emotion dysregulation – the inability to manage emotions effectively. Given that Dialectical Behavior Therapy (DBT) was initially created to treat Borderline Personality Disorder (BPD), of which emotion dysregulation is a primary problem, it only makes sense that DBT would be effective in treating other disorders, and research in recent years is supporting this.

This seminar will provide an overview of the DBT Emotion Regulation skills. Participants will learn about these skills, including briefly reviewing the biosocial theory and how this contributes to problems managing emotions. Many of the emotion regulation skills will be introduced and participants, and there will be discussion regarding how to use these skills with clients with a variety of diagnoses.

### Target Audience

Psychologists  
Therapists

Social Workers  
Psychiatrists

Counselors  
Nurses

Course level: Intermediate

### Learning Objectives

At the end of this seminar, participants will be able to:

1. Describe the role of mindfulness in emotion regulation
2. State the importance of naming and validating emotions
3. Define opposite to Emotion Action
4. Describe nonjudgmental Stance
5. Define accumulating positives

### Seminar Schedule

Typically begins at 2:00 PM and ends at 3:30 PM Eastern time. However, check the webinar schedule.

## Outline

Biosocial theory  
The invalidating environment  
Mindfulness in emotion regulation  
Nonjudgmental stance  
Understanding and naming emotions  
Opposite to emotion action  
Emotion regulation skills  
Cope ahead

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#### Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test as many times as necessary to pass. Participants will earn 1.5 CE's for attending once they have completed these requirements. PSYCHOLOGISTS: tzkseminars is approved by the American Psychological Association to sponsor continuing education for psychologists. tzkseminars maintains responsibility for this program and its content.

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## The Presenter

Sheri Van Dijk, MSW, RSW is a registered Social Worker who has been working in the mental health field since 2000, most of which she has spent both in private practice and at a community hospital, working with clients with severe mental health problems. Sheri has had extensive training in mindfulness and dialectical behavior therapy (DBT) and has been running DBT-informed groups since 2004.

Sheri is the author of seven DBT books for both adults and teens, the focus of which is to teach clients how to use mindfulness practice and DBT skills to help them live emotionally healthier lives. She has also written DBT Made Simple, the aim of which was to make DBT more accessible to therapists working with diagnoses other than borderline personality disorder; and she has been presenting extensively in Canada and abroad with this goal as well.

Sheri is the winner of the R.O. Jones award for her research on using DBT skills with bipolar disorder, presented at the Canadian Psychiatric Association Conference in September, 2010.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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