

## *Coping with COVID-19: Using DBT Skills to Help us and our Clients Manage in Times of Crisis*

*During times of crisis we all need support! Through TZK Seminars, Sheri Van Dijk is offering a free, one-hour webinar to help clinicians manage their own stress and other difficult emotions, as well as an overview of some of the skills clinicians can use to help clients during this difficult time.*

### *Target Audience*

*Psychologists                      Social Workers                      Counselors  
Therapists                      Psychiatrists                      Nurses*

*Course level: Intermediate*

### *Learning Objectives*

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

- 1. Learn some skills to help you and your clients to quickly re-regulate when intense emotions arise*
- 2. Understand more about how to help your client take a more balanced perspective in the crisis*
- 3. Review how mindfulness can help*
- 4. Discuss the skill of radical acceptance and how it can help reduce suffering*
- 5. Learn about the distress tolerance skills that can help keep your mind off*

### *Seminar Schedule*

*Typically begins at 10:00 AM and ends at 11:00 AM Eastern time. However, check the webinar schedule.*

## *Outline*

*Skills to re-regulate  
Walking the middle path  
Mindfulness  
Radical acceptance  
Distress Tolerance  
Stay Strong*

*Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.*

#### *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 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.*

*SOCIAL WORKERS: tzkseminars (Provider Number 1242), is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. tzkseminars maintains responsibility for this course. ACE provider approval period: (3/28/19 to 3/28/2022). Social workers completing this course receive 1 continuing education credits.*

*COUNSELORS: tzkseminars has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6621. Programs that do not qualify for NBCC credit are clearly identified. tzkseminars is solely responsible for all aspects of the programs.*

*tzkseminars is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0024.*

*tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #0001.*

*tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #0003.*

*tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #0004.*

*tzkseminars is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #0002.*

*tzkseminars is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.*

## *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.*

## *General Information*

*The TZKseminars educational planning committee members and this seminar's presenter have no relationship with a commercial interest pertinent to the content of this seminar.*

*Individuals with a disability or special need can go to tzkseminar.com to the Contact page to request accommodations.*

*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.*

*To cancel a registration, go to the Contact page. You will be charged \$30 for any cancelled registration.*

*If you would like to file a grievance, go to tzkseminars.com and read our Grievance Policy. Then, you can file a grievance on our Contact page. You can also send a written grievance to:*



*Tzkseminars  
6030 Daybreak Circle, Suite A150/355  
Clarksville, Md. 21029*