

## Calming The Emotional Storm: Distress Tolerance 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 Distress Tolerance skills. Participants will learn about these skills, including the Reality Acceptance Skills and the Crisis Survival Skills, and how to help clients with a variety of diagnoses and problems use these skills appropriately and in healthy ways.

### Target Audience

Psychologists                      Social Workers                      Counselors  
Therapists                          Psychiatrists                          Nurses

Course level: Intermediate

### Learning Objectives

At the end of this seminar, participants will:

1. Describe reality acceptance skills to help clients reduce the likelihood of crises arising over time, and to help improve emotion regulation
2. Describe Crisis Survival skills to help clients not act on urges that will make the situation worse.
3. Identify the concept of observing one's own limits as a therapist; and the importance of this to help prevent burn-out and feelings of ineffectiveness from arising
4. Demonstrate the use of Behavior Tracking Sheet as a tool to help maintain structure for clients who are overwhelmed and overwhelmed with the problem-behaviors they're engaging in
5. Define Behavioral Analysis

### Seminar Schedule

Typically begins at 2:30 PM and ends at 4:00 PM Eastern time. However, check the webinar schedule.

## Outline

What is distress tolerance?  
Radical acceptance  
Turning the mind  
Radical Acceptance steps, techniques, and problems  
Willingness versus willfulness  
Crisis survival skills  
Problem behaviors  
Distracting skills  
Self-soothing with the senses  
IMPROVE the moment  
Pros and cons exercise  
Urge management  
Reducing therapist burnout  
The Behavior Analysis

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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.

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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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