

## Calming The Emotional Storm: Introduction to Dialectical Behavior Therapy

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 introduction to DBT, including the origins of the therapy, and the Biosocial Theory of how emotion dysregulation develops. You will learn about some of the research demonstrating that DBT is effective in treating disorders other than BPD. Finally, you will learn about Dialectics, and the importance of balancing validation with change with the dysregulated client; and how to effectively use validation to help clients re-regulate in session, as well as how to teach them to practice this skill on their own.

### 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. Explain the difference between CBT and DBT
2. Explain the idea of emotion dysregulation and how it affects individuals with disorders other than BPD
3. Describe the Biosocial Theory of emotion dysregulation in order to develop a better understanding of clients, and in order to use this as an intervention so clients can better understand and validate themselves
4. Describe the basics of Dialectics and some of the ways this plays out in sessions, including helping therapists balance between acceptance and change.
5. Use validation to help de-escalate clients during session

### Seminar Schedule

Typically begins at 10:00 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

### Outline

Begin 1 PM ET

Emotion Dysregulation

What is DBT?

Standard DBT

Modifying DBT

Biosocial Theory of Borderline Personality Disorder

Break 2:30-2:45 PM ET

Dialectics

Validation

Behavior Theory

Reducing Therapist Burn-Out

Overview of DBT Skills

End 4:15 PM ET

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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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