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.

Outline

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

The Presenter

Sheri is a registered Social Worker who has been working in the mental health field since 2000, both at a community hospital outpatient clinic and now in her full-time private practice. Sheri works with clients aged 16 and older who are experiencing severe mental health problems; she 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 eight DBT books for both adults and teens, the focus of which is to teach clients how to use 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 TZK Seminars educational planning committee members and this seminar’s presenter have no relationship with a commercial interest pertinent to the content of this seminar.

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