

Calming the Emotional Storm: DBT Core Mindfulness 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 Core Mindfulness skills. Participants will learn about these skills, including an introduction to mindfulness, the States of Mind, and the “What” and “How” skills. Discussion will be around how to use these skills ourselves in both professional and personal lives, and how to teach these skills to clients struggling with mental illness.

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. Practice mindfulness in three different ways
2. Teach mindfulness to clients in individual or group sessions
3. Explain how mindfulness is helpful for clients with mental health problems
4. Explain the importance of practicing mindfulness ourselves as clinicians
5. Describe the Core Mindfulness skills taught in DBT (States of Mind, “What” Skills & “How” Skills) and how these assist in emotion regulation

Seminar Schedule

Typically begins at 10:00 AM and ends at 11:30 AM Eastern time. However, check the webinar schedule.

Outline

Overview of DBT Skills
What is mindfulness?
Four steps to mindfulness
Why practice mindfulness?
Mindfulness and emotion regulation
Tips for teaching mindfulness
Problems clients encounter
Core mindfulness skills
States of mind
The “What” skills
The “How” skills

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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 up to three times. Participants will earn 1.5 CE's for attending once they have completed these requirements.

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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.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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