

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

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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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