

# 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  
Therapists

Social Workers  
Psychiatrists

Counselors  
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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### 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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