

IE18-131 Calming the Emotional Storm: Using Dialectical Behavior Therapy to Treat Emotion Dysregulation in Clients

**PRESENTED BY****Sheri Van Dijk, MSW, RSW****SERIES SESSIONS**

Date	Time
March 26, 2018	9:00 AM – 3:30 PM
March 27, 2018	9:00 AM – 3:30 PM

**LOCATION****Neighborhood Inn-Alberta Room - 5011 66 St****FEE****\$250.00****QUESTIONS?****Contact Us:****780-623-2248****REGISTER ONLINE****Visit our website to register:****Ines.ca**

Program

Dialectical behaviour therapy (DBT) is a treatment originally designed to treat borderline personality disorder (BPD). In recent years it has been increasingly used to treat many other disorders because of its usefulness in treating clients unable to manage emotions. Following an introduction to DBT theory and how this treatment differs from traditional cognitive behavior therapy (CBT), Sheri Van Dijk will discuss how DBT can be applied to working with clients facing a broad range of conditions such as depression, anxiety and bipolar disorder, in which emotion dysregulation plays a key role.

Through lecture and experiential exercises, you will explore the four modules of DBT skills (Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness) and learn how to teach these skills to your clients. You will learn how to format DBT sessions to provide the structure your dysregulated clients need. In addition, Sheri will introduce DBT strategies to help foster the therapeutic relationship, maximize therapeutic gains, and reduce the likelihood of therapist burnout.

This learning opportunity is being offered through curriculum implementation funding from Alberta Education.

Presenters

Sheri Van Dijk, MSW, RSW

Sheri 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 Southlake Regional Health Centre, 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.

When Sheri isn't working, she loves to travel, spend time with her family and her dogs, scuba dive, play squash, and read.

Registration Notes

Registration includes a continental breakfast and lunch.