

IO20-04 Dialectical Behavior Therapy: Beyond the Basics (10 Hours)

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

Date	Time
September 30, 2019	9:00 AM - 3:30 PM
October 01, 2019	9:00 AM - 3:30 PM

**LOCATION****Shaw House, Vezeau Beach - #2, 46300 Twp Rd 611A****FEE****\$375.00****QUESTIONS?****Contact Us:****780-623-2248****REGISTER ONLINE****Visit our website to register:****Ines.ca**

Program

Many therapists have been introduced to core concepts of DBT through Sheri Van Dijk's workshop "Calming the Emotional Storm", as well as through her books. This "Beyond the Basics" workshop is intended for clinicians with a basic understanding of DBT (the biosocial theory and a basic grounding in the DBT skills, either through previous training, or through reading) who want to develop more sophisticated and targeted interventions by:

- 1) Delving further into treatment planning from a DBT perspective and learning how to decide which DBT interventions will best suit a client's needs,
- 2) Exploring how to teach the DBT skills to clients in relation to Axis I diagnoses such as depression, anxiety disorders, and bipolar disorder,
- 3) Discussing what to do when interventions don't seem to be moving the client forward,
- 4) Taking a closer look at the role of the DBT consultation team.

In this workshop, Sheri will focus on how to use DBT strategies and skills to treat psychiatric illnesses other than borderline personality disorder, including bipolar disorder, depression, and anxiety, and issues such as anger,

grief, and self-esteem. She will also discuss challenges encountered by new DBT therapists, ideas to help therapists deal with client “resistance”, and techniques to help clinicians manage escalating emotions during the session. This experiential and collaborative training will help expand your knowledge of DBT strategies and skills through lecture, role-play, video analysis of clients, and practical exercises. Learning Objectives: 1) Focus more on how to apply the DBT skills to your own personal and professional life, and learn how these skills will help to reduce feelings of ineffectiveness and burnout with clients, 2) Enhance your skills in validation and being nonjudgemental, in order to help your clients learn to tolerate their emotional experiences and move forward 3) Practice considering clients from a behaviour theory perspective to help you analyze what might be keeping people stuck, 4) Learn more dialectical strategies to help clients move forward in treatment, and to elicit commitment to working on goals, 5) Practice working as part of a DBT consultation team.

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 fee includes a continental breakfast and lunch for both days.