

Dialectical Behaviour Therapy: Calming the Emotional Storm

Presented by Sheri Van Dijk

Workshop Details

Oct 27-28, 2016

9am – 4pm

Location

**Best Western PLUS
The Arden Park Hotel
552 Ontario Street
Stratford, Ontario**

Fees:

Early-Bird Rate: \$349 + HST

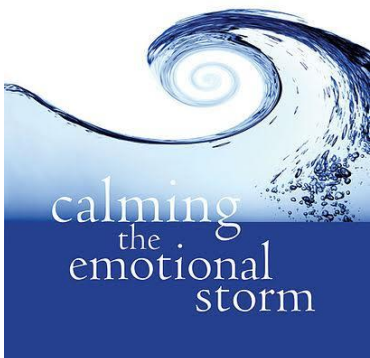
After Sept 26: \$379 + HST

Fee includes lunch, morning and afternoon refreshments.

Discounted rates are available for groups of 5+ people registering together OR for individuals registering for more than one workshop

Registration

Register online at
missionempowerment.ca



About the Workshop

Dialectical behaviour therapy (DBT) is a treatment originally designed to treat borderline personality disorder, but it is increasingly being used to treat clients experiencing emotion dysregulation related to mood and anxiety disorders (e.g. depression, bipolar disorder, social anxiety disorder, general anxiety disorder, OCD).

In this interactive workshop, DBT expert Sheri Van Dijk will teach the four modules of skills taught in DBT (Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness). You will learn how to format DBT sessions to provide the structure your dysregulated clients need. You will also have the opportunity to view video of real sessions as Sheri works with clients using DBT to treat a variety of problems related to emotion dysregulation.

You will learn:

- How to teach your clients the four sets of DBT skills to help them manage their emotions more effectively
- How to apply DBT skills to a range of problems and psychiatric illnesses
- Dialectical strategies to address clients who are "stuck" in therapy

Skills to help you improve your own sense of efficacy in therapy, and reduce the likelihood of therapist burnout

About the Presenter

Sheri Van Dijk is a registered social worker, psychotherapist and international speaker with extensive training in dialectical behaviour therapy (DBT), mindfulness, and cognitive-behavioural therapy (CBT). She is the author of several books including *Calming the Emotional Storm*, *DBT Made Simple*, and *The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder*. She is the 2010 recipient of the Canadian Psychiatric Association's R.O. Jones Award for her research using DBT with bipolar disorder. Sheri regularly conducts training sessions for fellow mental health professionals. She also maintains a private practice in Southern Ontario and is on staff at Southlake Regional Health Centre.

mission: empowerment!

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