

CALMING THE EMOTIONAL STORM: USING DIALECTICAL BEHAVIOR THERAPY TO TREAT EMOTION DYSREGULATION



SHERI VAN DIJK, MSW, RSW

Sheri Van Dijk is a social worker, in private practice in Newmarket, Ontario. She is the author of several books that teach clients how to use DBT skills for problems with emotion regulation, as well as *DBT Made Simple*, a book for clinicians in which she aims to make DBT more accessible to mental health professionals.

Sheri is the 2010 recipient of the Canadian Psychiatric Association's R.O. Jones Award for her research using DBT with bipolar disorder, published in the *Journal of Affective Disorders* in 2013. While maintaining a private practice with a specialization in DBT and mindfulness practice, she has been presenting extensively on DBT throughout Canada and internationally.



Are you working with clients who are unable to manage their emotions? We all know the challenges this can present. Dialectical behavior 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 such as depression, anxiety, and bipolar disorder**, in which emotion dysregulation plays a key role.

Following an introduction to DBT theory and how this treatment differs from traditional cognitive behavior therapy, leading expert Sheri Van Dijk will discuss **how DBT can be applied to working with clients facing this broad range of conditions.**

LEARNING OBJECTIVES:

- What is Dialectical Behavior Therapy (DBT) and its origins, including differences between DBT and Cognitive Behavior Therapy (CBT)?
- How DBT can be used to help clients facing a broad range of conditions (including depression, anxiety, and bipolar disorder) in which emotional regulation plays a key role.
- The four modules of skills taught in DBT (Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness) and learn how to teach these skills to your clients.
- How to format DBT sessions to provide the structure your dysregulated clients need.
- Dialectical strategies to help clients move to make positive changes and get unstuck in treatment.

Date: **April 16 & 17, 2020**

Location: St Paul University
233 Main St.
Ottawa, ON K1S 1C4

Time: 9:00 am - 4:00 pm

Cost: Early Bird
(before March 21, 2020)
\$425 + HST

Regular Admission
\$449 + HST

Group and students rates available.
Greater discounts for groups of 10 or more.
Contact the team at MAGentix directly.

**Go to <https://magentix.ca>
for more information or to register**

Accredited Seminar

MAGentix.ca | 613-702-0339

