

Calming The Emotional Storm: Distress Tolerance Skills

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 overview of the DBT Distress Tolerance skills. Participants will learn about these skills, including the Reality Acceptance Skills and the Crisis Survival Skills, and how to help clients with a variety of diagnoses and problems use these skills appropriately and in healthy ways.

Target Audience

Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses

Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will:

1. Describe reality acceptance skills to help clients reduce the likelihood of crises arising over time, and to help improve emotion regulation
2. Describe Crisis Survival skills to help clients not act on urges that will make the situation worse.
3. Identify the concept of observing one's own limits as a therapist; and the importance of this to help prevent burn-out and feelings of ineffectiveness from arising
4. Demonstrate the use of Behavior Tracking Sheet as a tool to help maintain structure for clients who are overwhelmed and overwhelmed with the problem-behaviors they're engaging in
5. Define Behavioral Analysis

Seminar Schedule

Typically begins at 2:30 PM and ends at 4:00 PM Eastern time. However, check the webinar schedule.

Outline

What is distress tolerance?
Radical acceptance
Turning the mind
Radical Acceptance steps, techniques, and problems
Willingness versus willfulness
Crisis survival skills
Problem behaviors
Distracting skills
Self-soothing with the senses
IMPROVE the moment
Pros and cons exercise
Urge management
Reducing therapist burnout
The Behavior Analysis

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Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 1.5 CE's for attending once they have completed these requirements.

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The Presenter

Sheri is a Social Worker who has been working with clients with severe mental health problems since 2000. With extensive experience in a hospital as well as community setting, Sheri now sees clients in private practice, and provides consultation and training internationally to other clinicians. Sheri has had extensive training in dialectical behavior therapy (DBT) and mindfulness and has been providing DBT-informed therapy to individuals and groups since 2004. In 2010 Sheri was the winner of the R.O. Jones award for her research on using DBT with bipolar disorder, presented at the Canadian Psychiatric Association Conference.

Sheri is the author of numerous books that focus on helping readers learn DBT skills and apply them to a variety of mental health problems, including *The DBT Workbook for Emotional Relief*; the best-selling *Don't Let Your Emotions Run Your Life for Teens*; and her newest book, coming in 2025, *The DBT Workbook for C-PTSD*. Sheri trained in Eye Movement Desensitization and Reprocessing (EMDR) in 2018 and is an EMDRIA-approved Consultant; she is a member of the International Society for the Study of Trauma and Dissociation (ISSTD), and is a consultant for the ISSTD's EMDR training program.

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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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