

# Calming The Emotional Storm: DBT Emotion Regulation 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 Emotion Regulation skills. Participants will learn about these skills, including briefly reviewing the biosocial theory and how this contributes to problems managing emotions. Many of the emotion regulation skills will be introduced and participants, and there will be discussion regarding how to use these skills with clients with a variety of diagnoses.

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses

Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Describe the role of mindfulness in emotion regulation
2. State the importance of naming and validating emotions
3. Define opposite to Emotion Action
4. Describe nonjudgmental Stance
5. Define accumulating positives

## Seminar Schedule

Typically begins at 2:00 PM and ends at 3:30 PM Eastern time. However, check the webinar schedule.

## Outline

Biosocial theory  
The invalidating environment  
Mindfulness in emotion regulation  
Nonjudgmental stance  
Understanding and naming emotions  
Opposite to emotion action  
Emotion regulation skills  
Cope ahead

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

### 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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