

Calming The Emotional Storm: Introduction to Dialectical Behavior Therapy

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 introduction to DBT, including the origins of the therapy, and the Biosocial Theory of how emotion dysregulation develops. You will learn about some of the research demonstrating that DBT is effective in treating disorders other than BPD. Finally, you will learn about Dialectics, and the importance of balancing validation with change with the dysregulated client; and how to effectively use validation to help clients re-regulate in session, as well as how to teach them to practice this skill on their own.

Target Audience

Psychologists
Therapists

Social Workers
Psychiatrists

Counselors
Nurses

Course level: Intermediate

Learning Objectives

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

1. Explain the difference between CBT and DBT
2. Explain the idea of emotion dysregulation and how it affects individuals with disorders other than BPD
3. Describe the Biosocial Theory of emotion dysregulation in order to develop a better understanding of clients, and in order to use this as an intervention so clients can better understand and validate themselves
4. Describe the basics of Dialectics and some of the ways this plays out in sessions, including helping therapists balance between acceptance and change.
5. Use validation to help de-escalate clients during session

Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

Outline

Begin 1 PM ET

Emotion Dysregulation

What is DBT?

Standard DBT

Modifying DBT

Biosocial Theory of Borderline Personality Disorder

Break 2:30-2:45 PM ET

Dialectics

Validation

Behavior Theory

Reducing Therapist Burn-Out

Overview of DBT Skills

End 4:15 PM ET

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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., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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