

# Calming The Emotional Storm: Interpersonal Effectiveness 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 Interpersonal Effectiveness skills. Participants will learn about these skills, looking at the three possible goals in interpersonal situations and how to pair these with assertiveness skills to increase the likelihood of reaching one's goals; how to think dialectically to improve communication and balance in relationships; the role of mindfulness and behavior theory in improving healthy relationships; and ways to increase relationship satisfaction in clients' lives.

## 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. Teach clients to assertively communicate
2. Define dialectical thinking and a balanced approach to relationships.
3. Define the role of mindfulness and behavior theory in relationships
4. Identify three skills to help clients develop healthier relationships and make healthier choices
5. Describe the importance of interpersonal effectiveness in Dialectical Behavior Therapy.

## Seminar Schedule

Typically begins at 10AM and ends at 11:30 AM Eastern time. However, check the webinar schedule.

## Outline

Assertiveness skills

DEAR MAN

GIVE

FAST

Balancing priorities and demands

Finding new relationships

Ending relationships

Behavior theory

Factors reducing interpersonal effectiveness

Dialectics

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 registered Social Worker who has been working in the mental health field since 2000, both at a community hospital outpatient clinic and now in her full-time private practice. Sheri works with clients aged 16 and older who are experiencing severe mental health problems; she has had extensive training in mindfulness and dialectical behavior therapy (DBT) and has been running DBT-informed groups since 2004.

Sheri is the author of eight DBT books for both adults and teens, the focus of which is to teach clients how to use DBT skills to help them live emotionally healthier lives. She has also written *DBT Made Simple*, the aim of which was to make DBT more accessible to therapists working with diagnoses other than borderline personality disorder; and she has been presenting extensively in Canada and abroad with this goal as well. Sheri is the winner of the R.O. Jones award for her research on using DBT skills with bipolar disorder, presented at the Canadian Psychiatric Association Conference in September, 2010.

## General Information

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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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