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.

Outline
Assertiveness skills
DEAR MAN
GIVE
FAST
Balancing priorities and demands
Finding new relationships
Ending relationships
Behavior theory
Factors reducing interpersonal effectiveness
Dialectics

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

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.

The Presenter
Sheri Van Dijk, MSW, RSW is a registered Social Worker who has been working in the mental health field since 2000, most of which she has spent both in private practice and at a community hospital, working with clients with severe mental health problems. Sheri 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 seven DBT books for both adults and teens, the focus of which is to teach clients how to use mindfulness practice and 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
The T2Kseminars educational planning committee members and this seminar’s presenter have no relationship with a commercial interest pertinent to the content of this seminar.

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6030 Daybreak Circle, Suite A150/355
Clarksville, Md. 21029

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