During times of crisis we all need support! Through TZK Seminars, Sheri Van Dijk is offering a free, one-hour webinar to help clinicians manage their own stress and other difficult emotions, as well as an overview of some of the skills clinicians can use to help clients during this difficult time.

**Learning Objectives**

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

1. Learn some skills to help you and your clients to quickly re-regulate when intense emotions arise.
2. Understand more about how to help your client take a more balanced perspective in the crisis.
3. Review how mindfulness can help.
4. Discuss the skill of radical acceptance and how it can help reduce suffering.
5. Learn about the distress tolerance skills that can help keep your mind off some of the tough stuff.

**Target Audience**

- Psychologists
- Therapists
- Psychiatrists
- Nurses
- Social Workers
- Counselors
- Psychiatrists

**Course level:** Intermediate

**Outline**

**Skills to re-regulate**

**Walking the middle path**

**Mindfulness**

**Radical acceptance**

**Distress Tolerance**

**Stay Strong**

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**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.

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**General Information**

The TZK Seminars 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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