

Advanced DBT: Going Beyond The Basics

Presented by Sheri Van Dijk, MSW, RSW

Workshop Details

Nov 23-24, 2017
9am – 4pm

Location

Bingemans
425 Bingemans Centre Dr.
Kitchener, Ontario

Fees:

Early-Bird Rate: \$349 + HST

After Oct 22: \$379 + HST

Fee includes lunch, morning and afternoon refreshments.

Discounted rates are available for groups of 5+ people registering together OR for individuals registering for more than one workshop

Registration

Register online at
missionempowerment.ca



About the Workshop

This “Beyond the Basics” advanced workshop is intended for clinicians with a basic understanding of DBT who want to develop more sophisticated and targeted interventions by:

- Delving further into treatment planning from a DBT perspective and learning how to decide which DBT interventions will best suit a client’s needs
- Exploring how to teach the DBT skills to clients in relation to Axis I diagnoses such as depression, anxiety disorders, and bipolar disorder
- Discussing what to do when interventions don’t seem to be moving the client forward
- Taking a closer look at the role of the DBT consultation team

In this workshop, Sheri will focus on how to use DBT strategies and skills to treat psychiatric illnesses other than borderline personality disorder, including bipolar disorder, depression, and anxiety, and issues such as anger, grief, and self-esteem. She will also discuss challenges encountered by new DBT therapists, ideas to help therapists deal with client “resistance”, and techniques to help clinicians manage escalating emotions during the session.

This experiential and collaborative training will help expand your knowledge of DBT strategies and skills through lecture, role-play, video analysis of clients, and practical exercises.

About the Presenter

Sheri Van Dijk is a registered social worker, psychotherapist and international speaker with extensive training in dialectical behaviour therapy (DBT), mindfulness, and cognitive-behavioural therapy (CBT). She is the author of several books including *Calming the Emotional Storm*, *DBT Made Simple*, and *The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder*. She is the 2010 recipient of the Canadian Psychiatric Association's R.O. Jones Award for her research using DBT with bipolar disorder. Sheri regularly conducts training sessions for fellow mental health professionals. She also maintains a private practice in Southern Ontario and is on staff at Southlake Regional Health Centre. For more information: www.sherivandijk.com

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