



DBT: BEYOND THE BASICS

SHERI VAN DIJK, MSW, RSW

Sheri Van Dijk is a social worker, in private practice in Newmarket, Ontario. She is the author of several books that teach clients how to use DBT skills for problems with emotion regulation, as well as *DBT Made Simple*, a book for clinicians in which she aims to make DBT more accessible to mental health professionals.

Sheri is the 2010 recipient of the Canadian Psychiatric Association's R.O. Jones Award for her research using DBT with bipolar disorder, published in the *Journal of Affective Disorders* in 2013. While maintaining a private practice with a specialization in DBT and mindfulness practice, she has been presenting extensively on DBT throughout Canada and internationally.



You may have been introduced to core concepts of Dialectical Behaviour Therapy (DBT) through Sheri Van Dijk's first insightful workshop, *Calming the Emotional Storm*, and her book of the same title.

In "Beyond the Basics", clinicians with a basic understanding of DBT will learn to develop increasingly sophisticated and targeted interventions.

LEARNING OBJECTIVES:

- How you can apply DBT skills to your own personal and professional life, and how the skills will help to reduce feelings of ineffectiveness and burnout with clients
- How to enhance your skills in validating and being non-judgmental to help your clients learn to tolerate their emotional experiences and move forward
- About a behaviour theory perspective to help you analyze what might be keeping clients stuck
- How to work as part of a DBT consultation team

Date: **April 18, 2020**

Location: St Paul University
233 Main St.
Ottawa, ON K1S 1C4

Time: 9:00 am - 4:00 pm

Cost: Early Bird
(before March 21, 2020)
\$225 + HST

Regular Admission
\$249 + HST

Group and students rates available.
Greater discounts for groups of 10 or more.
Contact the team at MAGentix directly.

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