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Dialectical behavior therapy (DBT) is a treatment originally designed to treat borderline personality disorder (BPD). In recent years, it has been increasingly used to treat many other disorders such as depression, anxiety, and bipolar disorder, in which emotion dysregulation plays a key role.

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Adults Sheri Van Dijk, MSW, RSW This workshop
will provide clinicians with real-life day-to-
day tools you will be able to teach to
clients struggling with mental health issues
and other emotional and relational problems.

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Calming the Emotional Storm is your guide to coping with difficult emotions calmly and responsibly by using powerful skills from dialectical behavior therapy. This method combines cognitive behavioral techniques with

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mindfulness practices to change the way you respond to stressful situations.

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Sheri Van Dijk CALMING THE EMOTIONAL STORM
Summary Summary: Calming the Emotional Storm
is about how to bear emotional pain
skillfully. The book distills the core
teachings of Dialectical Behavior Therapy
(DBT), which is a branch of psychotherapy
with the premise that (similar to CBT) your
thoughts, emotions, and behaviors are
interconnected and that by changing any one

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component, you can influence the others.

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Summary - 3 Min ...

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Calming the Emotional Storm Program

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Calming the Emotional Storm is your guide to coping with difficult emotions calmly and responsibly by using powerful skills from dialectical behavior therapy. This method combines cognitive behavioral techniques with mindfulness practices to change the way you respond to stressful situations.

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