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Behavior Therapy**

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**Skills To**

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Calming the Emotional Storm is your guide to coping with difficult

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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.

**Calming the  
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## PDF Calming The Emotional Storm

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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### **Using ...**

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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Calming the Emotional Storm: Using Dialectical Behaviour Therapy to Treat Emotion Dysregulation Disorders in Youth and 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

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mental health issues  
and other emotional  
and relational  
problems.  
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you how to: • Establish  
a balanced life for an  
everyday sense of well-  
being • Let go of  
unwanted worries and  
fears • Become better  
at accepting yourself  
and others • Work

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through a crisis without  
letting emotions take  
over

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with mindfulness  
practices to change the  
way you respond to  
stressful situations.  
Skills To Manage

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**Free** Sri Van Dijk

“When this is the case,  
you are more  
vulnerable to emotion  
dysregulation problems  
because you are more  
likely to be  
overwhelmed by your  
emotions.” From her

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**Dealing with an  
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Psych Central.com**

Van Dijk is the author  
of several books,  
including Calming the  
Emotional Storm: Using  
Dialectical Behavior  
Therapy Skills to  
Manage Your Emotions  
& Balance Your Life  
and The Dialectical  
Behavior

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The way you respond to  
stressful situations.

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with mindfulness  
practices to change the  
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stressful situations.  
Skills To Manage

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(Audiobook) by  
Sheri Van Dijk...**

Reduce emotional pain  
by increasing  
awareness and  
acceptance of the  
present moment.  
Endure intense  
emotions without  
making the situation

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worse. Identify,  
understand, and  
accept emotions,  
reduce emotional  
intensity, and improve  
problem-solving to  
promote planful  
responding rather than  
impulsive reacting.

## **EVENTS |**

### **sherivandijksite**

Calming the Emotional  
Storm: Using  
Dialectical Behaviour  
Therapy to Treat  
Emotion Dysregulation

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Disorders in Youth and  
Adults.

**Calming the  
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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

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practices to change the way you respond to stressful situations.

### **Calming the Emotional Storm : Using Dialectical Behavior Therapy Skills To Manage Your Emotions And Balance Life**

" Calming the Emotional Storm is a reader-friendly manual that will teach readers how to manage difficult emotions. Each chapter prepares readers for helpful exercises on noticing and validating

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emotions.

Using Dialectical  
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Using Dialectical  
Behaviour ...**

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  
effective-ly. Given that  
Dialectical Behavior

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