



Emotional Resiliency

Webinar | September 27, 2024 | 1:00-4:00pm ET

Instructor: [Kathryn Byars, PhD](#)

Description

Emotional resilience is a transdiagnostic concept that captures an ability to weather or even thrive in ongoing emotional and life stressors. It is a concept that is spoken about in some capacity across theoretical orientations in psychotherapy and is also frequently discussed in self-help or holistic approaches to wellbeing. Despite the ubiquitous nature of this concept in mental health spaces, a systematic way to develop this in our clients is infrequently discussed. Instead, broad concepts of disorder remission or relapse prevention are offered without clear instruction of the actual therapeutic strategies required to help our clients achieve a truly resilient level of emotional well-being.

The Emotional Resiliency (ER) Program brings together the wisdom and skill sets of many established therapeutic approaches and packages them in a new, digestible, skills-based format. Whether you are an eclectic, humanistic, systems, cognitive-behavioral, or mindfulness oriented provider, this program can enhance your ability to actively teach emotional resilience to your clients. This program is highly versatile and therefore widely applicable, allowing providers to select relevant skills to integrate in your current work or use (or refer the client to) an entire ER program.

In this three hour training, providers will be introduced to a conceptual framework for emotional resilience, as well as learn who can most benefit from these approaches. This framework will be translated to a model of conceptualizing clients and their level of resilience. Lastly, an example skill from the program will be discussed, allowing participants to take home an actionable skill to teach their own clients, as well as determine whether the Emotional Resiliency (ER) approach is one in which they would like further training and experience.

Learning Objectives

As a result of this training, participants will be able to:

1. Describe a transdiagnostic model of emotional resilience
2. Identify 4 barriers and skills deficits that prevent clients from reaching resilience
3. Use one or more skills from the Emotional Resiliency (ER) program with their clients

Who Should Attend

This webinar is intended for mental health professionals and trainees who are familiar with psychotherapeutic approaches to enhance well-being and have at least introductory experience in group and individual interventions (e.g., 3+ years clinical experience).



Location

The webinar will be held via Zoom video conferencing platform. Instructions for logging in will be sent via email prior to the webinar.

Instructor

Kathryn Byars, PhD earned her doctorate from the City University of New York's (CUNY) Graduate Center and John Jay College, with dual specializations in Clinical and Forensic Psychology. She completed her internship and postdoctoral fellowship at St. Joseph's Healthcare in Hamilton, ON, where she specialized in emotion dysregulation and unusual experiences (e.g., psychotic spectrum disorders). She is a co-founder of the Triangle Area Psychology Clinic (TAP), an outpatient clinic in Durham, NC that specializes in empirically supported treatments for adolescents, adults, couples, and families. At TAP, Dr. Byars directs the clinical training program for graduate students and postdoctoral fellows and has developed the Emotional Resiliency (ER) group program for adults. Dr. Byars is a certified DBT therapist through the DBT-LBC and is trained in a variety of empirically supported models including mindful self-compassion, CBT, and CPT. She has substantial clinical expertise in areas of emotion dysregulation, trauma, shame, perfectionism, and emotional resilience. She is particularly passionate about working with individuals seeking higher levels of resilience through self-compassion, self-acceptance, and emotional acceptance.

Registration and Payment

Registration Fee: \$50 per person

This fee covers the cost of the webinar and electronic copies of the materials

Continuing Education Credits (optional): \$10 per person

Registration and payment for the webinar can be completed via [Eventbrite](#).

Registration fees are non-refundable. CE fees are fully refundable up to 7 days before the event. Cancellations received between 6 and 3 days before the event are entitled to a 50% refund. Cancellations 2 or less days before the event will not be eligible for a refund.

Continuing Education Information

3 Continuing Education (CE) credits are being offered for this workshop for those who attend the event in full. TAP is approved by the American Psychological Association to sponsor continuing education for psychologists. TAP maintains responsibility for this program and its content. All participants are expected to attend the full course in order to receive credit. Participants are required to sign in online at the beginning and conclusion of the course and participate fully in the course, Q&A and any assessments given by the presenters.

Questions about the CE credits for this event can be directed to tapce@tapclinicnc.com.