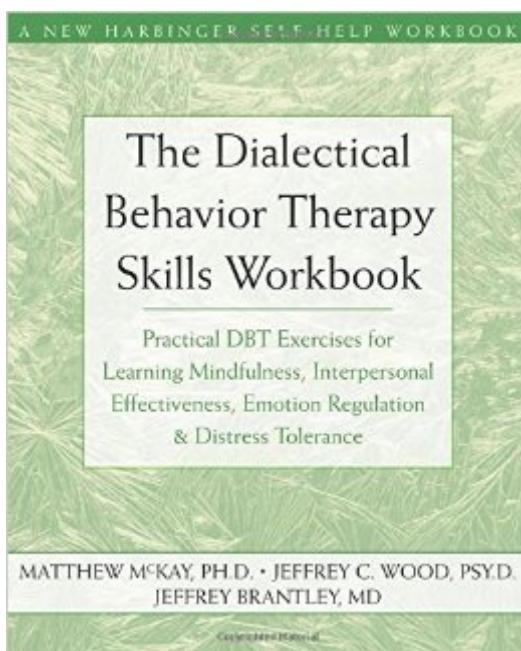


The book was found

# The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises For Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & ... Tolerance (New Harbinger Self-Help Workbook)



## Synopsis

A Clear and Effective Approach to Learning DBT SkillsFirst developed for treating borderline personality disorder, dialectical behavior therapy (DBT) has proven effective as treatment for a range of other mental health problems, especially for those characterized by overwhelming emotions. Research shows that DBT can improve your ability to handle distress without losing control and acting destructively. In order to make use of these techniques, you need to build skills in four key areas-distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness. The Dialectical Behavior Therapy Skills Workbook, a collaborative effort from three esteemed authors, offers straightforward, step-by-step exercises for learning these concepts and putting them to work for real and lasting change. Start by working on the introductory exercises and, after making progress, move on to the advanced-skills chapters. Whether you are a professional or a general reader, whether you use this book to support work done in therapy or as the basis for self-help, you'll benefit from this clear and practical guide to better managing your emotions. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit â " an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives. Find more help online at [elearning.newharbinger.com](http://elearning.newharbinger.com). Self-Help TherapyÂ offers web-based treatment for borderline personality disorder (BPD) and emotion dysregulation based on the bookÂ The Dialectical Behavior Therapy Skills Workbook. Other modules in Self-Help TherapyÂ offer treatment for stress, anxiety, depression, and anger.

## Book Information

Paperback: 232 pages

Publisher: New Harbinger Publications; 1st edition (July 1, 2007)

Language: English

ISBN-10: 1572245131

ISBN-13: 978-1572245136

Product Dimensions: 0.8 x 8 x 9.8 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (581 customer reviews)

Best Sellers Rank: #389 in Books (See Top 100 in Books) #1 inÂ Books > Health, Fitness &

## Customer Reviews

Without any exaggerations intended, this book has seriously saved my life and me from myself. I am 23 years old and ever since I was between 13-14, a certain darkness crept over me and everybody around me saw negative changes in me that even I couldn't understand at first. My parents figured it was just teen angst, something that will go away on its own. At age 19 to 20-21, I was cutting myself and couldn't run away from the monster that whispers horrible things to me, telling me that I was unloved and that I should kill myself. At 22, I almost went with a plan to kill myself by hanging, and I got sent to a psych ward. Like always, nothing had helped. This year, I almost lost the love of my life because of my constant mood swings, negative thoughts, suicidal tendencies, degrading myself through words and action, overreacting to everything in the worst ways, aggressive and abusive behavior, and generally being a complete nightmare to be with. I looked around for ways to cope, and I don't know how, but I came across Dialectical Behavior Therapy and it's supposed miraculous results. I thought I had borderline personality disorder, so I found this book and purchased it while seeing a therapist. She diagnosed me with clinical depression with post traumatic stress disorder. She highly believes that I can still use the workbook for DBT even if I wasn't borderline. So, I went straight to work. My God. I don't know how to describe the book, but it was like finding a true blue best friend who wants to tend to your wounds and heal you from the inside out. This book encompasses all four modules of the DBT, which includes: 1. Distress Tolerance 2. Mindfulness 3. Emotional Regulation 4.

[Download to continue reading...](#)

The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & ... Tolerance (New Harbinger Self-Help Workbook) Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others (Instant Help Book for Teens) Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors Learning to Breathe: A Mindfulness Curriculum for Adolescents to Cultivate Emotion Regulation, Attention, and Performance The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other

Symptoms (New Harbinger Self-Help Workbook) Overcoming Adrenal Fatigue: How to Restore Hormonal Balance and Feel Renewed, Energized, and Stress Free (New Harbinger Self-Help Workbook) Being a Brain-Wise Therapist: A Practical Guide to Interpersonal Neurobiology (Norton Series on Interpersonal Neurobiology) Mindfulness & Yoga Skills for Children and Adolescents: 115 Activities for Trauma, Self-Regulation, Special Needs & Anxiety The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation Dialectical Behavior Therapy for Binge Eating and Bulimia Leadership: Management Skills, Social Skills, Communication Skills - All The Skills You'll Need (Conversation Skills, Effective Communication, Emotional ... Skills, Charisma Book 1) Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT (The Instant Help Solutions Series) Love the Sin: Sexual Regulation and the Limits of Religious Tolerance Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT SELF ESTEEM: How To Live In The Present Moment, 2.0 - Let Go Of The Past & Stop Worrying About The Future (Self Help, Mindfulness & Emotional Intelligence) Mindfulness: 50 Easy Mindfulness Exercises for Beginners to Live in the Moment and the Art of Letting Go The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help) Creative Animals Coloring Book: The Mindfulness Animal Coloring Book for Adults (Mindfulness Coloring Book, Art Therapy Coloring Book) (Volume 1) The Mindfulness Coloring Book: Anti-Stress Art Therapy for Busy People (The Mindfulness Coloring Series) Coping with BPD: DBT and CBT Skills to Soothe the Symptoms of Borderline Personality Disorder

[Dmca](#)