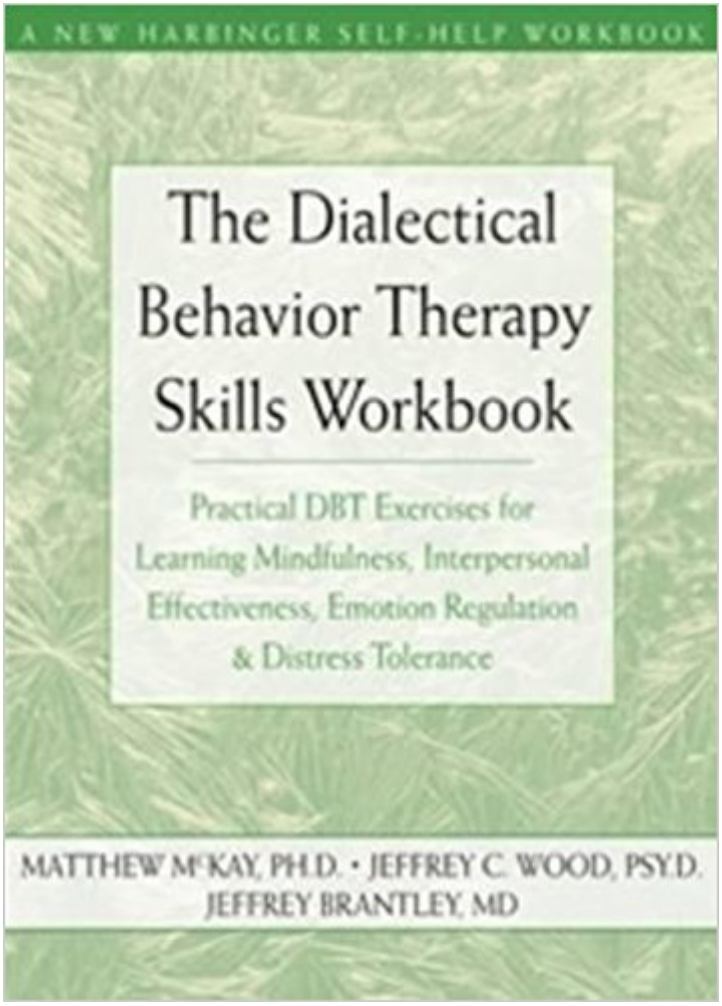
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The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises For Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & ... Tolerance (New Harbinger Self-Help Workbook)




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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 Ã¢â ¬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.Ã Â Self-Help TherapyÃ Â offers web-based treatment for borderline personality disorder (BPD) and emotion dysregulation based on the bookÃ Â The Dialectical Behavior Therapy Skills Workbook. Other modules in Self-Help TherapyÃ Â offer treatment for stress, anxiety, depression, and anger.

Book Information

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Customer Reviews

View larger View larger The self-help workbook format is uniquely effective in helping people work through and recover from a number of mental health conditions, from addiction to depression. Our evidence-based workbooks are written by leading professionals, are recommended by clinicians, and are designed to be effective when used alone or in conjunction with therapy. From the Publisher Who Created the Self-Help Workbook New HarbingerÃƒÂ¢Ã â ¬Ã â„¢s pioneering self-help workbooks offer step-by-step guidance, and are highly effective in helping people work through difficult issuesÃƒÂ¢Ã â ¬Ã â •from depression and anxiety to eating disorders and addiction. Our evidence-based self-help workbooks cover a variety of topics, including: Anxiety Depression Post-traumatic stress disorder (PTSD) Eating disorders Self-esteem Obsessive compulsive disorder (OCD) And more!

View larger From the Workbook The costs of these self-destructive coping strategies are clear. All of them lead to your pain being prolonged into long-term suffering. Remember, sometimes pain canÃƒÂ¢Ã â ¬Ã â„¢t be avoided, but many times suffering can. To avoid this type of long-term suffering, chapters 1 and 2 will teach you distress tolerance skills. These skills will help you endure and cope with your pain in a new, healthier way so that it doesnÃƒÂ¢Ã â ¬Ã â„¢t lead to suffering. The new plan outlined in these two chapters will teach you to 'distract, relax, and cope.'

View larger The Cost Of Self-Destructive Coping Strategies Take, for example, an argument between friends Maria and Sandra. For Maria, who doesnÃƒÂ¢Ã â ¬Ã â„¢t have overwhelming emotions, the argument was initially painful. But after a few hours, she began to realize that she and Sandra were both to blame for the argument. So by the next day, Maria was no longer upset or mad at Sandra. But for Sandra, who struggles with overwhelming emotions, the argument was replayed in her memory over and over again for three days. Each word and gesture was remembered as an insult from Maria. So the next time Sandra saw Maria, three days later, Sandra was still angry and she restarted the argument just where it had ended. Both women experienced the initial pain of the argument, but only Sandra was suffering. Clearly, Sandra carried her emotional pain with her for

days, and it made her life more of a struggle. While we canÃƒÂ¢Ã â ¬Ã â„¢t always control the pain in our lives, we can control the amount of suffering we have in response to that pain.

"The individual struggling with overwhelming emotions and DBT therapists will benefit significantly from this workbook. McKay, Wood and Brantley have expanded and translated DBT Skills, making Linehan's iconic work on emotional skill building even more accessible and easy to apply to everyday life." Ã¢â ¬â •Kate Northcott, MA, MFT, is a DBT therapist in private practice with Mindfulness Therapy Associates and is director of New Perspectives Center for Counseling, a non-profit counseling center, in San Francisco, CA

By a distinguished team of authors, this workbook offers readers unprecedented access to the core skills of dialectical behavior therapy (DBT), formerly available only through complicated professional books and a small handful of topical workbooks. These straightforward, step-by-step exercises will bring DBT core skills to thousands who need it.

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 it's 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 Tolerance2. Mindfulness3. Emotional Regulation4. Interpersonal EffectivenessEach one has two chapters, one

"basic" and one "advanced", except for mindfulness, which has an extra third chapter to explore this skill further. Distress tolerance has showed me how to self-soothe myself through developing healthy hobbies, pleasurable activities, 'pushing away' a negative thought or emotion until you calm down, and pleasing yourself through your five senses, such as sucking on a candy when upset. Mindfulness has showed me how to meditate and how to practice noticing the physical reality around me to cope with distressing emotions and thoughts, being in the moment in everyday activities, to be non-judging of both the physical reality and the mental/emotional disturbances and to let the negative things go. Emotional regulation has taught me to identify and label emotions (without judging myself), reduce vulnerability from the 'emotional mind', to practice using my gut instincts (wise-mind), to observe and peacefully let go of negative thoughts and emotions, and to ride out the waves of intense emotion without having to physically react and do something dangerous to myself or others. Finally, interpersonal effectiveness has taught me how to ask for things respectfully and assertively from others without feeling guilty to avoid being aggressive, passive, or passive-aggressive, that it's okay to expect certain things from people (provided it is healthy for the two of you), to say no without losing relationships, and to avoid confrontations from blowing up and leaving behind damaged relationships.It took me a couple of months to complete this workbook but it has changed me for the better. My partner has seen the positive changes in me and couldn't be more happier. Here's a quick lesson that really has helped me with my negative emotions- sometimes we overreact and blow up because we have not been taught how to express our emotions and instead, bottle it all up inside until we boil over. It is crucial to express how you feel, for example, when somebody unintentionally hurts you, tell them, "I feel upset when you said that." in a calm voice. You'll be amazed how apologetic people get when you are honest with your hurt feelings, provided you stay calm and use "I" messages. I am able to stop fighting with my partner and everyone in my life just by doing this. Even when I'm alone and feel upset, I say the emotion out loud: "I feel sad!" I know, it sounds silly, but this simple technique is amazing at managing difficult moments in life. You have a RIGHT to your emotions, even if they feel bad. I promise! :-)If you have depression, anxiety, bipolar, borderline personality disorder, post traumatic stress disorder, and other array of mood-wrecking disorders, please please PLEASE save yourself and buy this book. Read it cover-to-cover, do all the exercises even if it feels annoying at first, and take all the time to complete each chapter. This is not a race to the finish line; this is your LIFE. I look at the world now with a healthier pair of glasses and I know I can withstand the challenges that will come my way, thanks to this amazing work. Matthew McKay, if you are reading this, know that you have saved a young woman from killing herself and ruining the lives of those who love her very

much. You have done a wonderful service to those who feel that they are damaged forever, and you gave me the light at the end of my dark tunnel of mental illness. Thank you, thank you, thank you!!Happy healing to everybody! Don’t ever give up on yourself! You are loved!

Stick with Marsha Linehan’s DBT techniques. Too many triggering suggestions in this book like mentally confronting a past abuser or using sexual fantasies as a coping method. People with trauma in their current lives or in their pasts are better off finding a program or DBT trained therapist.

This book is full of powerful exercises, not just for those dealing with BPD, but for anyone dealing with stress or emotional regulation problems and is probably useful and beneficial to just about anyone in general. I use, recommend, and teach a number of the exercises in this book regularly.

Like having a therapist on call 24/7, this guide has the tools to free me from the tyranny of those intense emotional responses that have driven my life since forever. Most of the illustrations are easy to understand and apply, excepting a few that come across as New Age spiritualism. For those of us diagnosed with Emotional Intensity Disorder, and for others, I suppose, who would just like to live healthier emotional lives, practicing the exercises detailed can help break the hold that habitual thought patterns have had over us. Not to say, "Drop out of therapy," but rather, "Pick up on your therapist’s help" and make it your own. The greatest mystery I find about this book is why the authors chose to hide such workable, reachable ideas under a title that says, "(Yawn) Don’t buy me-- I’m technical and boring!"

This book is incredible. It has profoundly impacted my life, I use it as a diary and how one might use a bible I suppose. The activities and techniques are life changing game changers. It’s better than therapy in some ways, you can sit with it and review it. It’s helped me with many challenging situations. Thank you!

Excellent book of excercises for those doing a DBT program or wanting to learn more about it. Highly recommended.

I don’t like this book, It is hard to read and understand the tools. I ordered it at the same time I ordered "The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder" I thought they would be similar. They except for the appearance (one being green marble and the other blue

marble) they are not alike. I also lent this to a few people, some being licensed therapists, no one I lent it to liked it. I ended up donating it to ARC. I recommend buying "The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder" instead, it works for non-bipolars as well..

I have purchased this for 3 other people now because of how much it has helped me. It is easy to follow and sums up the principles of DBT very well. It’s extremely helpful for people with depression and anxiety. Taking meds like Xanax for anxiety is just like putting a dirty bandaid on the problem! They don’t really help solve anything and can even end up making things worse by causing addiction. Practicing DBT is a MUCH more healthy and productive solution for anxiety. This book helps one to understand and, more importantly, practice the concepts of DBT, creating a lasting change in one’s mental health by forming more healthy thought patterns and a peaceful state of mind.

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