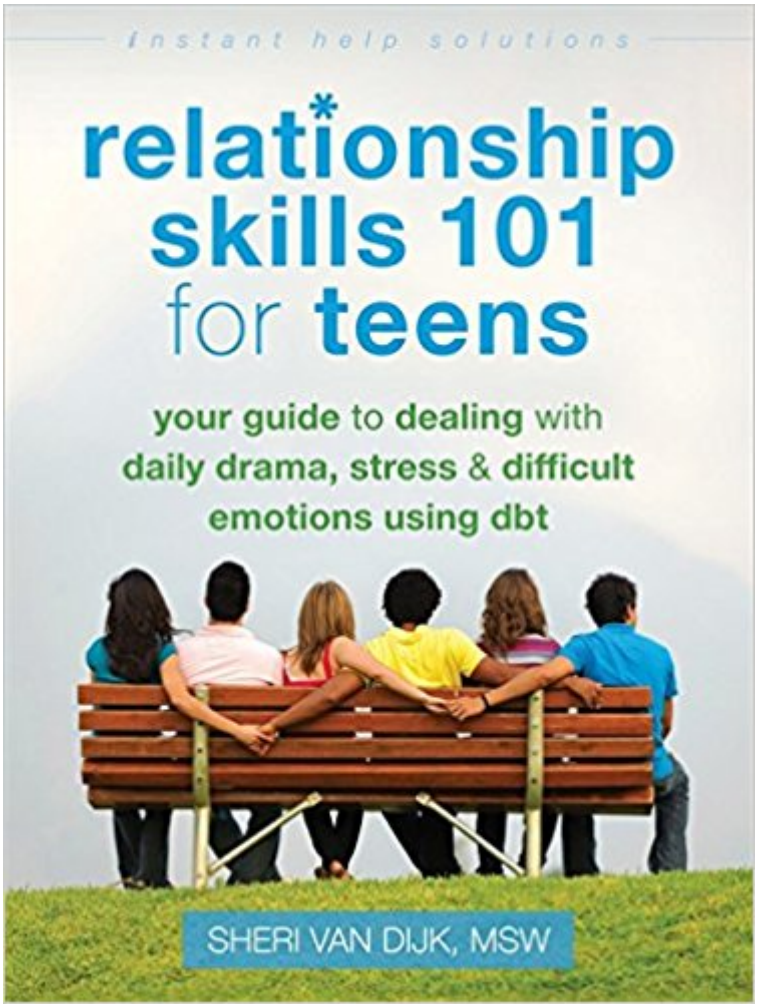
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Relationship Skills 101 For Teens: Your Guide To Dealing With Daily Drama, Stress, And Difficult Emotions Using DBT (The Instant Help Solutions Series)




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Synopsis

In Relationship Skills 101 for Teens, Sheri Van Dijk—author of DonÃ¢â ¬â„¢t Let Your Emotions Run Your Life for Teens—offers powerful tools based in dialectical behavior therapy (DBT) to help you regulate your emotions so you can build better relationships with your parents, friends, and peers. Do you ever feel like your emotions are out of your control? Is it hard for you to make friends, get a date, or get along with your parents? You arenÃ¢â ¬â„¢t alone. For some people, good relationships seem to come easily. But if you are like many others, you may need a little help. This book offers evidence-based strategies you can use to take control of your emotions and reactions in order to respond effectively to peer pressure, bullying, cyberbullying, and gossip, allowing you to navigate the many social issues that make these years so challenging. This book outlines three core skills to help you manage your emotions and create better relationships. First, youÃ¢â ¬â„¢ll discover how mindfulness can help you face each life experience with awareness and acceptance. Second, youÃ¢â ¬â„¢ll find more effective ways of communicating with others so you can develop healthier, more balanced relationships. Finally, youÃ¢â ¬â„¢ll learn powerful skills to regulate your emotions so you donÃ¢â ¬â„¢t end up taking things out on the people you care about. With these combined skills, youÃ¢â ¬â„¢ll learn how to act in healthier ways so you donÃ¢â ¬â„¢t end up pushing people away. Like most teens, you want to make and keep friends. You also want to date! And youÃ¢â ¬â„¢d probably like to have a good relationship with your parents. This book will give you the skills to reach these goals and live a happier, more fulfilling life—well beyond your teen years. Why not get started now?

Book Information

Series: The Instant Help Solutions Series

Paperback: 208 pages

Publisher: Instant Help; 1 edition (March 1, 2015)

Language: English

ISBN-10: 1626250529

ISBN-13: 978-1626250529

Product Dimensions: 7.3 x 0.4 x 7.8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 stars 7 customer reviews

Best Sellers Rank: #449,174 in Books (See Top 100 in Books) #15 inÃ Â Books > Teens > Social Issues > Family > Parents #97 inÃ Â Books > Teens > Social Issues > Dating & Intimacy #4350

inÃ Â Books > Medical Books > Psychology > General

Customer Reviews

Gr 8 UpÃ¢â ¬â •Requiring hard work, patience, and compromise, relationships can pose difficulties for most teens. But for those who have trouble relating to others, the challenges can be even greater. Relying upon the principles of Dialectical Behavior Therapy (DBT), Van Dijk helps readers improve relationships with parents, peers, teachers, and others. Developed by psychologist Marsha Linehan in the late 1980s as a form of therapy for those with borderline personality disorder, DBT is intended to teach coping skills and to decrease damaging or ineffective behaviors. Van Dijk walks readers through four essential DBT techniques (core mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance), reminding teens that simply reading the text isn't enough: they must practice these skills in daily life. Readers are also introduced to four fictional adolescents whose own struggles with relationships are played out and then improved using DBT. This interactive text will resonate with its target audience, but it will most likely require helpful adults to put it in the hands of those who most need it. Teens should consider this title more of a workbook than a strictly informational text; they'll need to apply what they learn to real-life scenarios. Readers are encouraged to write in the book, potentially making it less than suitable for libraries. VERDICT A useful reference tool, particularly for counselors and teachers.Ã¢â ¬â •Elaine Baran Black, Georgia Public Library Service, Atlanta

“Sheri Van Dijk has managed to successfully simplify and extend the principles of dialectical behavior therapy (DBT) into a concise, user-friendly format. While highlighting the interplay of one's sense of self and their roles in relationships, the reader is given clear examples and skills to successfully manage their emotions and improve communication. Although the intended audience is adolescents, this book is a valuable resource for parents and anyone working with teenagers.Ã¢â ¬Â• —Leanne Garfinkel, MA, clinical psychologist and dialectical behavior therapy (DBT)-informed therapist“InÃ Â this book,Ã Â Sheri VanÃ Â DijkÃ Â has produced a user-friendly and easy-to-understand workbook for teens struggling with relationships. The skills for healthy relationships are explained and examples given by following several teens experiencing problems. The exercises to practice the skills are presented in a way that is simple and straightforward. I will definitely recommend it to my clients.Ã¢â ¬Â• —Marilyn Becker MSW, RSW, dialectical behavior therapy (DBT) skills therapist in private practice in Richmond Hill, ON, Canada“Sheri Van Dijk has done it again! As the author of several books, she continues to

inspire transformation by encouraging mindfulness, acceptance, and self-compassion. In this book intended to help teenagers with relationship skills, she explains dialectical behavior therapy (DBT) in a well-thought-out, easy-to-read manner with lots of examples. I wish I had known these skills when I was a teenager! As a therapist for over twelve years, I would also recommend this book as a valuable resource to therapists, parents, and others who support teenagers.Ã¢â ¬Â• —Rennet Wong-Gates MSW, RSW, child and family therapist“Relationships are complicated, and for many teens, the source of much distress. In this very clear and user-friendly workbook, Sheri Van Dijk shares the key components for the development and enhancement of teensÃ¢â ¬â„¢ self-awareness, emotional self-management, and self-esteem—all of which positively impact the success of their relationships and connections to others. I found this workbook easy to read, and view it as a valuable resource for my teenage clients, as well as their parents.Ã¢â ¬Â• —Pat Counter, BA, DipCS, RSW, social worker in the Disruptive Behaviours Program at Southlake Regional Health Centre“After thirty years of clinical practice, I have finally found a book that helps teens to identify their feelings and learn practical skills for changing behaviors. Sheri Van Dijk offers examples that help readers truly relate to the concepts she teaches. This easy-to-read guide on improving interpersonal relationships is a necessity for any teen that wishes to lead a happier, healthier life. I will definitely recommend it to my clients.Ã¢â ¬Â•Ã Â —Francine Mendelowitz, LCSW, psychotherapist and founder of InterACT New York

Hard to navigate with an individual client, but good information nonetheless.

Used it for group at work. They all seemed to enjoy it.

This is a very practical book for teens. It covers concepts of mindfulness, how to judge if relationships are healthy or not, different styles of communication, how to control the emotional roller coaster, how to be less judgmental, how to stop fighting reality and effectively deal with it, and how to develop self control. It includes lots of case studies and follows those same case studies through the different concepts. In short, this book teaches teens how to be mature. However, the principles discussed are applicable to *all* ages, not just teens. While the author presents complex concepts, she does an excellent job of breaking it down into manageable chunks for readers to understand, absorb, and implement.It would take a special kind of teen to pick this book up on his or her own, though, and just read it through. I think this book would be much more effective if used as an extended class or group text where a guiding adult could help further explain and expand on

terms and teens could discuss each chapter and process personal applications. I don’t think simply handing it to a teen and telling them to read it would solve problems.

As a counselor, I looked for DBT resources at the local library. I was having trouble imaging any teen reading this book and gave up myself after chapter 1. I flipped through the rest of the book and saw some popular activities that I would not consider unique to DBT. I was grateful to see comments from teenagers who voiced my concerns. The irony - accepting without judgment through mindfulness is a theme and yet the tone of the book seems patronizing.

I was happy for a chance to read and review this book because I wanted my daughter to read it too, hoping that it would be able to benefit her. My child is 15 yo and is a junior in high school. In the end I’m sad to say that she says this book was not a benefit to her. She read through it and only found it a little useful. Also so did not like for the writing style.

excellent

I have a young teen and hoped to give her the tools she needs to be prepared for the stresses of high school. I gave her the book to read and upon completion, her response was that she didn’t get anything out of it. So I read it as well and have to agree - I wasn’t getting anything out of it either.So what happened? In discussing with my daughter, we found some key issues:- Although it is supposed to be written for teens, it is very dry, ponderous, and even at times condescending. I was reminded of examples when scientists or psychologists think they are communicating with laymen but really they end up sounding pedantic, patronizing, or plain old boring. While the book doesn’t talk down to teens, it doesn’t talk TO them either.- The book is all over the place. Examples of kids who bully are next to those with anxiety problems or extreme shyness. I became confused often while reading - a problem my daughter shared as well.- Although different situations are given, it all equates to a one-size-fits-all type of solution - mindfulness (DBT). Which is all well and good, but for kids who live in the ’now’ anyway (and whose brains’ abilities to think of future consequences are temporarily disabled during the teen years), I don’t know how much more ’in the now’ they can get.- CBT (cognitive behavior therapy) is the big thing right now - for everything from controlling obesity to stopping smoking. I can’t think of a more difficult subject than a teen - and their crazy hormones, to get to do CBT exercises (e.g., start at the toes and think of the muscles there and then move up the legs and body and think of every muscle). I think my daughter would get as far as an ankle before

she’d already be wondering when she can go get on the trampoline. Older teens might find the book easier - but then by late teens they are pretty set in their behaviors, as well. The book definitely isn’t for younger teens since there’s nothing inviting about the writing.When reading this, I couldn’t help but feel this was meant for teens with more serious behavioral problems - drugs, alcohol, bad relationships, etc. So perhaps my young teen, who hasn’t hit high school, was too young for the book. It feels like a catch-22 - the younger ones need the skills early but the book will go over their head; the older ones can digest the book better but by then it’s probably too late.I think that with a different approach, the book would work better. Written by someone who sounds like they actually work with kids at ground zero in junior and high schools rather than a clinician in an office or research lab type of feel. In any event, neither my teen nor I got much out of this, sadly. Reviewed from an advance reader copy provided by the publisher.

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Mood Swings, Control Angry Outbursts, and Get Along with Others End Emotional Eating: Using Dialectical Behavior Therapy Skills to Cope with Difficult Emotions and Develop a Healthy Relationship to Food Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges Instant Pot Cookbook: 30 Top Vegan Recipes for Instant Pot Pressure Cooker: Cook Healthier And Faster (Instant Pot Cookbook Paleo, Instant Pot Weight Loss ... Instant Pot Chicken Recipes, Slow Cooker 5) The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time (The Instant Help Solutions Series) Instant Pot Cookbook: Top 10 Electric Pressure Cooker Recipes: Instant Pot, Instant Pot Cookbook, Instant Pot Recipes : The Best Instant Pot Cookbook for ... cooker, electric pressure cooker recipes) Instant Pot: The AMAZING Pocket Cookbook for Instant Pot Cooking (1,500 Bonus Recipes! Instant Pot, Instant Pot Recipes, Instant Pot Cookbook, Pressure Cooker Recipes, Pressure Cooker Cookbook) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two)

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