



## The Dialectical Behavior Therapy Skills Workbook: Practical Dbt Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation Distress Tolerance

By Matthew McKay

New Harbinger Publications. Paperback. Book Condition: New. Paperback. 248 pages. Dimensions: 9.9in. x 8.0in. x 0.7in. A Clear and Effective Approach to Learning DBT Skills First 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 an...



[DOWNLOAD PDF](#)

### Reviews

*It is great and fantastic. I have go through and i am sure that i will likely to study again once again later on. I am just easily could possibly get a enjoyment of looking at a published book.*

-- **Tad Stanton Sr.**

*Thorough information! Its such a excellent read. It is really simplistic but unexpected situations within the fifty percent of your pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Johnathon Moore**

## See Also

---



### [Coronation Mass, K. 317 Vocal Score Latin Edition](#)

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 9.6in. x 6.7in. x 0.1in.Otto Taubmanns classic vocal score of Mozarts Coronation Mass was first issued in the early 20th century and has become the standard edition in continuous use by...

---



### [Scholastic Discover More My Body](#)

Scholastic Reference. Hardcover. Book Condition: New. Hardcover. 32 pages. Dimensions: 9.1in. x 7.7in. x 0.6in.Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the learning online. MY BODY unlocks a free...

---



### [A Sea Symphony - Study Score](#)

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 324 pages. Dimensions: 9.6in. x 6.7in. x 0.7in.Vaughan Williams conducted the first performance of his great choral symphony on his 38th birthday, October 12, 1910, at the Leeds Music Festival. The work was well...

---



### [Scholastic Discover More Animal Babies](#)

Scholastic Reference. Hardcover. Book Condition: New. Hardcover. 32 pages. Dimensions: 9.1in. x 7.6in. x 0.5in.Scholastic Discover More is a revolutionary new nonfiction line pairing stunning print books with corresponding interactive digital books that extend the learning online. ANIMAL BABIES unlocks a free...

---



### [Shepherds Hey, Bfms 16: Study Score](#)

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 22 pages. Dimensions: 9.4in. x 7.1in. x 0.0in.Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English Folk-Song Society soon after his arrival in...

---



### [The Poems and Prose of Ernest Dowson](#)

Book Jungle. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.2in. x 7.5in. x 0.5in.The Poems and Prose of Ernest Dowson The Project Gutenberg EBook of The Poems And Prose Of Ernest Dowson by Ernest Dowson et al Copyright laws are changing...

---