

Dbt Therapeutic Activity Ideas For Working With Teens

In this much-needed guide, two dialectical behavior therapists offer an activity-based workbook for kids who struggle with anger, mood-swings, and emotional and behavioral dysregulation. Using the skills outlined in this book, kids will be able to manage their emotions, get along with others, and do better in school. Childhood can often be a time of intense emotions. But if your child’s emotions interfere with school, homework, or tests; alienate them from their peers; make it difficult to forge lasting friendships; or cause constant conflicts at home—it’s time to make a change. You need help to calm the chaos now, rather than later. Building on the success of Don’t Let Your Emotions Run Your Life and Don’t Let Your Emotions Run Your Life for Teens, this is the first dialectical behavior therapy (DBT) activity skills workbook designed especially for kids. Designed for children ages 7 to 12, this essential guide will help kids manage difficult emotions and get along better with others. If you are frustrated or worried about your emotional child, the hands-on activities in this book—including child-friendly mindfulness practices—can help. By reading this book, kids will develop their own “skills tool box” for dealing with intense emotions as they arise, no matter where or when.

Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients learning dialectical behavior therapy (DBT) skills, and those who treat them. All of the handouts and worksheets discussed in Marsha M. Linehan’s DBT Skills Training Manual, Second Edition, are provided, together with brief introductions to each module written expressly for clients. Originally developed to treat borderline personality disorder, DBT has been demonstrated effective in treatment of a wide range of psychological and emotional problems. No single skills training program will include all of the handouts and worksheets in this book; clients get quick, easy access to the tools recommended to meet their particular needs. The 8 1/2" x 11" format and spiral binding facilitate photocopying. Purchasers also get access to a Web page where they can download and print additional copies of the handouts and worksheets. Mental health professionals, see also the author’s DBT Skills Training Manual, Second Edition, which provides complete instructions for teaching the skills. Also available: Cognitive-Behavioral Treatment of Borderline Personality Disorder, the authoritative presentation of DBT, and Linehan’s instructive skills training videos for clients--Crisis Survival Skills: Part One, Crisis Survival Skills: Part Two, From Suffering to Freedom, This One Moment, and Opposite Action.

Preceded by: Skills training manual for treating borderline personality disorder / Marsha M. Linehan. c1993.

Keep calm, be skillful—and take control! Dialectical Behavior Therapy (DBT) is one of the most popular—and most effective—treatments for mental health conditions that result from out-of-control emotions. Combining elements of Cognitive Behavior Therapy with Eastern mindfulness practice, DBT was initially used as a powerful treatment to address the suffering associated with borderline personality disorder. It has since proven to have positive effects on many other mental health conditions and is frequently found in non-clinical settings, such as schools. Whether you struggle with depression, anger, phobias, disordered eating, or want to have a better understanding of emotions and how to focus and calm your mind, DBT practice serves the needs of those facing anything from regular life challenges to severe psychological distress. Written in a no-jargon, friendly style by two of Harvard Medical School’s finest, DBT For Dummies shows how DBT can teach new ways not just to reverse, but to actively take control of self-destructive behaviors and negative thought patterns, allowing you to transform a life of struggle into one full of promise and meaning. Used properly and persistently, the skills and strategies in this book will change your life: when you can better regulate emotions, interact effectively with people, deal with stressful situations, and use mindfulness on a daily basis, it’s easier to appreciate what’s good in yourself and the world, and then act accordingly. In reading this book, you will: Understand DBT theory Learn more adaptive ways to control your emotions Improve the quality of your relationships Deal better with uncertainty Many of life’s problems are not insurmountable even if they appear to be. Life can get better, if you are willing to live it differently. Get DBT For Dummies and discover the proven methods that will let you take back control—and build a brighter, more capable, and promising future!

My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Compassion Focused Therapy

DBT Therapeutic Activity Ideas for Kids and Caregivers

Skills and Exercises for Working with Clients with Borderline Personality Disorder, Depression, Anxiety, and Other Emotional Sensitivities

DBT? Skills Training Manual, Second Edition

Skills Training for Emotional Problem Solving for Adolescents Dbt Steps-a

CBT Exercises and Coping Strategies to Help Children Handle Anxiety, Stress, and Other Strong Emotions

Experiential Group Therapy Interventions with DBT provides group and individual therapists with proven experiential exercises that utilize dialectical behavior therapy (DBT) skills and original educational topics and have been successfully used nationwide to help treat patients with addiction and trauma. It introduces the advantages of using experiential therapy to facilitate groups for trauma and addiction and explains how DBT can help in regulating emotions and tolerating stress. This workbook contains concise plans and exercises for facilitating a group for a 30-day cycle. There is a theme for each day, original psychoeducational materials, experiential exercises, warm ups, and closing interventions.

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.

Leading psychologists Susan M. Orsillo and Lizabeth Roemer present a powerful new alternative that can help you break free of anxiety by fundamentally changing how you relate to it.

Dialectical Behavior Therapy is for children who have difficulty managing emotions and behavior. The book has reproducible handouts and worksheets for caregivers and therapists to teach children effective strategies to cope and manage emotions, behaviors, relationships and cognitions. The last section is specifically for caregiver skills.

Parenting a Child Who Has Intense Emotions

The Buddha and the Borderline

The Snowball Effect

DBT? Skills in Schools

Managing Therapy-interfering Behavior

Experiential Group Therapy Interventions with DBT

Build teen self-esteem and communication skills with 150 simple, effective therapy games Planning thoughtful and productive therapy activities for teens doesn't have to be a complex challenge or require a lot of specialized resources. Therapy Games for Teens makes it easier to reach them, with 150 games based in recreation therapy that help teens cope with stress, bullying, grief, anxiety, depression, and more. These fun and inclusive therapy games are designed specifically with teens in mind. Step-by-step instructions show you how to guide them as they practice everything from labeling their own emotions to creative ways of venting frustration, with techniques that incorporate mindfulness and self-reflection. Give teens the tools to navigate life's challenges effectively, so they can grow up into confident, self-aware adults. Therapy Games for Teens helps: Put teens in control--Designed for both groups and individuals, these therapy games use self-exploration and creative expression to help teens let their guard down and learn valuable coping skills. Discussion questions--Each activity includes tips, talking points, and open-ended questions to help teens put what they learned into perspective and apply it to their lives. Practical and doable--The therapy games use simple materials like pencils, paper, dry-erase boards, and tape so there's no need for expensive or specialized tools. Help teens arm themselves with skills to manage their emotions and step into their potential. Responding to growing interest in DBT-informed art therapy, this edited guide focuses specifically on how these interventions can treat a variety of client groups. Combining the structure and skill development of DBT with the creativity and non-verbal communication of art therapy can be a significant advantage in treating patients who are resistant to talking therapy. This book includes international contributors who cover work with a wide variety of populations, such as those with suicidal behaviours, eating disorders, and personality disorders. Divided in two parts, Part I focuses purely on DBT-informed art therapy, whilst Part II brings in multi-modal DBT-informed approaches, such as poetry and movement, but all with visual art as a component.

Winner of the American Journal of Nursing Book of the Year 2011 (Category: Maternal And Child Health) Building on children's natural inclinations to pretend and reenact, play therapy is widely used in the treatment of psychological problems in childhood. This book is the only one of its kind with more than 200 therapeutic activities specifically designed for working with children and teenagers within the healthcare system. It provides evidence-based, age-appropriate activities for interventions that promote coping. The activities target topics such as separation anxiety, self-esteem issues, body image, death, isolation, and pain. Mental health practitioners will appreciate its "cookbook" format, with quickly read and implemented activities.

From leading experts who have trained thousands of professionals in dialectical behavior therapy (DBT), this manual provides indispensable tools for treating adolescents with emotional or behavioral problems of any level of severity. Clinicians are guided step by step to teach teens and parents five sets of skills: Mindfulness, Distress Tolerance, Walking the Middle Path (a family-based module developed by the authors specifically for teens), Emotion Regulation, and Interpersonal Effectiveness. Designed for optimal clinical utility, the book features session outlines, teaching notes, discussion points, examples, homework assignments, and 85 reproducible handouts, in a large-size format for easy photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials. See also the authors' Dialectical Behavior Therapy with Suicidal Adolescents (with Marsha M. Linehan), which delves into skills training and other DBT components for those at highest risk.

The Dialectical Behavior Therapy Skills Card Deck

A DBT-Based Skills Workbook to Help Children Manage Mood Swings, Control Angry Outbursts, and Get Along with Others

101 Play-Based Exercises to Improve Behavior and Strengthen the Parent-Child Connection

A Learning Supplement

Dialectical Behavior Therapy for Binge Eating and Bulimia

Break Free from Chronic Worry and Reclaim Your Life

DBT Made Simple

Filling a tremendous need, this highly practical book adapts the proven techniques of dialectical behavior therapy (DBT) to treatment of multiproblem adolescents at highest risk for suicidal behavior and self-injury. The authors are master clinicians who take the reader step by step through understanding and assessing severe emotional dysregulation in teens and implementing individual, family, and group-based interventions. Insightful guidance on everything from orientation to termination is enlivened by case illustrations and sample dialogues. Appendices feature 30 mindfulness exercises as well as lecture notes and 12 reproducible handouts for "Walking the Middle Path," a DBT skills training module for adolescents and their families. Purchasers get access to a Web page where they can download and print these handouts and several other tools from the book in a convenient 8 1/2" x 11" size. See also Rathus and Miller’s DBT? Skills Manual for Adolescents, packed with tools for implementing DBT skills training with adolescents with a wide range of problems.†

Help your child identify, understand, and take control of their feelings with the kid-friendly cognitive behavioral therapy and self-regulation exercises in this easy-to-use workbook. When children have difficulty self-regulating, it can make it harder for them to get along with peers and family members, hurt their academic achievement, and inhibit their ability to complete activities of daily living. That’s where this book comes in. In this evidence-based workbook, the reader follows the journey of a child just like them—who experiences all kinds of emotions and thoughts and learns how to take control of them. The Self-Regulation Workbook for Kids allows kids to explore and express their feelings, guided by a relatable character and reinforced through interactive worksheets and proven exercises. The CBT-based activities and advice in this workbook will empower children with concrete coping skills and techniques that they can return to each and every time they start to feel upset or stressed.

Bestselling author Judy Belmont has created another treasure chest of hands-on and easy-to-use handouts, activities, worksheets, mini-lessons and quizzes that help clients develop effective life skills. 150 More Group Therapy Activities & TIPS, the fourth in her Therapeutic Toolbox series, provides a wealth of psycho-educational ideas with Belmont’s signature T.I.P.s format (Theory, Implementation, and Processing). Ready-to-use tools include: Interactive strategies for leading successful group experiences DBT, CBT, ACT and positive psychology-inspired resources Communication skills-building activities Coping skills using mindfulness and stress resiliency practices Self-esteem and self-compassion guides for changing thoughts Fun team building exercises and icebreakers Practical resources for adults, adolescents & children

A clear and effective approach to learning evidence-based DBT skills—now in a fully revised and updated second edition. Do you have trouble managing your emotions? First developed by Marsha M. Linehan for treating borderline personality disorder, dialectical behavior therapy (DBT) has proven effective as treatment for a range of other mental health problems, and can greatly improve your ability to handle distress without losing control and acting destructively. However, 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 evidence-based, 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’re a mental health professional or a general reader, you’ll benefit from this clear and practical guide to better managing your emotions. This fully revised and updated second edition also includes new chapters on cognitive rehearsal, distress tolerance, and self-compassion. Once you’ve completed the exercises in this book and are ready to move on to the next level, check out the authors’ new book, The New Happiness Workbook.

The Bipolar Workbook for Teens

An Easy-to-read Introduction

A Practical Workbook for Therapists, Teens & Parents

52 Practices to Balance Your Emotions Every Day

The Self-Regulation Workbook for Kids

The Dialectical Behavior Therapy Skills Workbook

The Emotion Regulation Skills System for Cognitively Challenged Clients

Just think if you had a go-to book that would help solve your toughest challenges when working with troubled teens. Jean Eich, PsyD, was searching for such a resource and it didn’t exist...

“I didn’t have and couldn’t find a comprehensive, practical source of information for doing DBT with teenagers. And it needed to be something that spoke to therapists, parents and the adolescents as all are involved for successful treatment. I wanted a source of information that would include worksheets on DBT written for teenagers and in a way that appeals to them. I also wanted information about how to practically apply DBT with parents and a source of information that I could point parents to. Plus - it needed to include something for the professionals to implement DBT, and work with these distinct audiences, as they are related. Not finding what I needed - I wrote one, including all the information I have learned and applied in my own practice.” Introducing - a complete skills training manual for DBT with adolescents, focused on practical application for teens, parents and therapists, all in one comprehensive manual. Part One covers DBT for teens with comprehensive and age-relevant skills explanations, examples, and applied worksheets. Eich makes the skills real for teens with exercises that get them practicing new behaviors in real-life situations. Includes teaching pages for all four DBT skills training modules. Part Two is a dedicated focus to parents with pertinent information on DBT, parenting, and common teenage developmental issues, as well as, skills written to get parents using them individually, in connection with their child(ren), and as a part of the family system. This section not only emphasizes that DBT skills can be used for anybody and everybody, but also that parents need to be active and involved for an effective change process. Part Three is crafted for therapists, with practical strategies on how to conduct DBT programming, tips to navigate dialectical dilemmas with adolescent developmental tasks and behaviors, and advice to balance therapy with parental involvement. Part Three also contains suggestions to teach the skills in active and experiential ways along with helpful sample forms, handouts, and worksheets.

This practical book is the first to introduce DBT to play therapists, and to introduce play therapy to DBT therapists.

This book provides clinicians (particularly those specialising in DBT) with music activities and creative ideas to implement with existing practices, to strengthen what clients are being taught in DBT skills groups. These new ideas can be used with clients individually, in groups, or be given as homework. The first part of the book consists of group activities for therapists and group leaders to use. In part two each DBT skill is presented with its own activity, written in with clear step by step instructions. The skills gained will be particularly beneficial for individuals who have difficulty regulating or dealing with their emotions and this guide improves clinicians' confidence and skill in aiding these individuals innumerable.

DBT Therapeutic Activity Ideas for Working with TeensSkills and Exercises for Working with Clients with Borderline Personality Disorder, Depression, Anxiety, and Other Emotional

SensitivitiesJessica Kingsley Publishers

A Step-by-Step Guide to Dialectical Behavior Therapy

Strategies from Dialectical Behavior Therapy

DBT Therapeutic Activity Ideas for Working with Teens

DBT® Skills Manual for Adolescents

Creative DBT Activities Using Music

Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance

The Mindful Way Through Anxiety

Informed by the principles and practices of dialectical behavior therapy (DBT), this book presents skills training guidelines specifically designed for participants with cognitive challenges. Clinicians learn how to teach core emotion regulation and adaptive coping skills in a framework that promotes motivation and mastery for all learners, and that helps clients apply what they have learned in daily life. The book features ideas for scaffolding learning, a sample 12-week core curriculum that can also be used in individual skills training, and numerous practical tools, including 150 reproducible handouts and worksheets. The large-size format facilitates photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials.

This fun and engaging activity book helps to teach teens to manage emotions and develop relationships by tracking their progress using Dialectical Behaviour Therapy (DBT) techniques. DBT is specifically designed for emotionally sensitive young people, especially those with borderline personality disorder, and the activities in this book will help regulate strong emotional responses which can lead to impulsivity, unstable relationships, low self-image and reactive emotions. It is a concise and easy-to-read resource, accompanied by vignettes and activity sheets. It presents an overview of the four modules of DBT: mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. These skills used in these modules can be logged and monitored through the tick lists and diary cards provided. These practical tools and ideas are reproducible, and will be invaluable for anyone working with teens.

Dialectical Behavior Therapy All people want to live a healthier and more joyful life free from pain and circumstance. However, this is rarely the case especially when those negative emotions tend to creep in and take control over our lives. Sometimes it can be extremely hard to avoid that negative darkness which can very easily start consuming everything happening around you. On the other hand, it is possible to fully embrace the good things and not let those negativities, small or large, impact our happiness, joy, and peace. Thanks to the Dialectical Behavior Therapy (DBT) and its strategies and teachings, you can learn to live a truly, emotionally-rich and fulfilling life which includes being satisfied with yourself, having healthy, meaningful relationships with other people, being able to accept changes as they happen by not letting the undesirable thoughts stick in your mind and bring you down. Dialectical Behavior Therapy has proven effective in reducing depression, anxiety, borderline personality disorder, post-traumatic stress disorder and other symptoms prevalent in different types of mental health issues. However, the truth is that anyone, no matter their mental health state, can benefit from DBT. As soon as you embrace the DBT strategies and techniques,

expect to see more joy and happiness enter your life. Here is a Preview of What You'll Learn Here! -Explore human emotions and their main purpose -Emotional health and emotional health disorders -The basics of dialectical behavior therapy, history of DBT, the difference between DBT and CBT -Dialectical behavior therapy approach, DBT and mental health disorders -Different dialectical behavior therapy techniques, major DBT components -Dialectical behavior therapy stages and goals -Your DBT self help guide -How to benefit from dialectical behavior therapy -And much much more... Get this book NOW and learn how to live in the moment as you fully embrace everything good happening around you!

This best selling book is an easy-to-read introduction to the ideas and practices of narrative therapy with accessible language, a concise structure and a wide range of practical examples. This book covers a broad spectrum of narrative practices including externalisation, re-membering, therapeutic letter writing, the use of rituals, leagues, reflecting teams and much more. If you are a therapist, health worker or community worker who is trying to apply narrative ideas in your own work context, this book has been written with you in mind.

Skillful Means in Action

Play Therapy with Adolescents

Distinctive Features

The Collaborative Problem-Solving Approach

DBT For Dummies

Control Your Emotions, Overcome Mood Swings And Balance Your Life With DBT

Interventions for Enhancing Engagement and Effectiveness in Therapy

Based on over twenty years of research, radically open dialectical behavior therapy (RO DBT) is a breakthrough, transdiagnostic approach for helping people suffering from extremely difficult-to-treat emotional overcontrol (OC) disorders, such as anorexia nervosa, obsessive-compulsive disorder (OCD), and treatment-resistant depression. Written by the founder of RO DBT, Thomas Lynch, this comprehensive volume outlines the core theories of RO DBT, and provides a framework for implementing RO DBT in individual therapy. While traditional dialectical behavioral therapy (DBT) has shown tremendous success in treating people with emotion dysregulation, there have been few resources available for treating those with overcontrol disorders. OC has been linked to social isolation, aloof and distant relationships, cognitive rigidity, risk aversion, a strong need for structure, inhibited emotional expression, and hyper-perfectionism. And yet—perhaps due to the high value our society places on the capacity to delay gratification and inhibit public displays of destructive emotions and impulses—problems linked with OC have received little attention or been misunderstood. Indeed, people with OC are often considered highly successful by others, even as they suffer silently and alone. RO DBT is based on the premise that psychological well-being involves the confluence of three factors: receptivity, flexibility, and social-connectedness. RO DBT addresses each of these important factors, and is the first treatment in the world to prioritize social-signaling as the primary mechanism of change based on a transdiagnostic, neuroregulatory model linking the communicative function of human emotions to the establishment of social connectedness and well-being. As such, RO DBT is an invaluable resource for treating an array of disorders that center around overcontrol and a lack of social connectedness—such as anorexia nervosa, chronic depression, postpartum depression, treatment-resistant anxiety disorders, autism spectrum disorders, as well as personality disorders such as avoidant, dependent, obsessive-compulsive, and paranoid personality disorder. Written for mental health professionals, professors, or simply those interested in behavioral health, this seminal book—along with its companion, The Skills Training Manual for Radically Open Dialectical Behavior Therapy (available separately)—provides everything you need to understand and implement this exciting new treatment in individual therapy—including theory, history, research, ongoing studies, clinical examples, and future directions.

Research into the beneficial effect of developing compassion has advanced enormously in the last ten years, with the development of inner compassion being an important therapeutic focus and goal. This book explains how Compassion Focused Therapy (CFT) - a process of developing compassion for the self and others to increase well-being and aid recovery - varies from other forms of Cognitive Behaviour Therapy. Comprising 30 key points this book explores the founding principles of CFT and outlines the detailed aspects of compassion in the CFT approach. Divided into two parts - Theory and Compassion Practice - this concise book provides a clear guide to the distinctive characteristics of CFT. Compassion Focused Therapy will be a valuable source for students and professionals in training as well as practising therapists who want to learn more about the distinctive features of CFT.

A vital tool for clinicians to help identify and manage therapy-interfering behavior using a dialectical behavior therapy framework.

This groundbreaking book gives clinicians a new set of tools for helping people overcome binge-eating disorder and bulimia. It presents an adaptation of dialectical behavior therapy (DBT) developed expressly for this population. The treatment is unique in approaching disordered eating as a problem of emotional dysregulation. Featuring vivid case examples and 32 reproducible handouts and forms, the book shows how to put an end to binge eating and purging by teaching clients more adaptive ways to manage painful emotions. Step-by-step guidelines are provided for implementing DBT skills training in mindfulness, emotion regulation, and distress tolerance, including a specially tailored skill, mindful eating. Purchasers get access to a Web page where they can download and print the reproducible handouts and forms in a convenient 8 1/2" x 11" size. See also the related self-help guide, The DBT Solution for Emotional Eating, by Debra L. Safer, Sarah Adler, and Philip C. Masson, ideal for client recommendation.

Therapeutic Activities for Children and Teens Coping with Health Issues

Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance

DBT Skills to Help You Control Mood Swings

Dialectical Behavior Therapy with Suicidal Adolescents

DBT Skills Training Handouts and Worksheets, Second Edition

Creative Play-Based DBT Activities for Children and Their Caregivers

Dialectical Behavior Therapy Skills Training with Adolescents

Imagine overcoming obstacles, moving past the pain, and feeling hopeful about your situation and your future. That is The Snowball Effect in action! Filled with compelling case examples and personal stories, educator and psychotherapist Kristin Barton Cuthriell shows us how to: Let go of resentment, harsh self-judgments, and explosive reactions. Face our fears and live our dreams without becoming overwhelmed. Have better relationships with others. Take baby steps to move forward though life. Live with gratitude and fully appreciate the moment. "The Snowball Effect offers a unique perspective on what it takes to move forward through life in the most productive and positive way." -Chrisanna Northrup, New York Times bestseller "I highly recommend this book...the lessons provide specific and precise tools for people wanting to clear out the negative and learn to focus on the positive gifts in life." -Marney A. White, PhD, MS, Associate Professor of Psychiatry, Yale University School of Medicine

Drawing on art, music, stories, poetry and film, the author provides more than 100 fun and imaginative therapeutic activities and ideas to unleash the creativity of children and teenagers ages 5 and older, with the activities designed to teach social-skills development, anger-control strategies, conflict resolution and thinking skills. Original.

Looking for fun new ways to learn Dialectical Behavior Therapy (DBT) or mindfulness? Would you like to increase your therapy or skills group participation? Or maybe you just want to improve your approach to teaching or learning new coping and social skills that can improve your relationships, emotion regulation, mindfulness, and distress tolerance? If you or someone you know needs that extra boost to get involved in learning new ways to experience healthy emotions and relationships, then this fun workbook can supplement your individual and group DBT skills training experience! This learning supplement has given everyone a new way to look at the DBT skills that have proven helpful for countless individuals struggling with unstable emotions, relationships, and other problematic or stressful behaviors. Learning doesn't have to be hard. In fact, this book shows you how learning new coping skills can be a lot of fun!

Understand DBT-informed art therapy, and how to apply it to your practice. Dialectical Behavior Therapy (DBT) treats problems with emotion regulation, and is especially effective in treating chronic self-harming and suicidal behaviors associated with Borderline Personality Disorder. Combining the structure and skill development of DBT with the creativity and non-verbal communication of art therapy can be a significant advantage in treating patients who are resistant to talking therapy. This book gives a comprehensive overview of the growing literature and research on DBT-informed art therapy, drawing upon the work of pioneers in the field to explain different types of DBT-informed art therapy and the 'Three Ms' at its core: Mindfulness, Metaphor and Mastery. It also includes creative visual exercises and activities for developing the skills of core mindfulness, interpersonal effectiveness, emotion regulation, distress tolerance, and non-judgemental acceptance among clients.

DBT-Informed Art Therapy in Practice

The Big Book of Therapeutic Activity Ideas for Children and Teens

A DBT? -Informed Approach

150 More Group Therapy Activities & TIPS

DBT-Informed Art Therapy

What is Narrative Therapy?

Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive B

The first comprehensive presentation for clinicians of the groundbreaking approach popularized in Ross Greene's acclaimed parenting guide, The Explosive Child, this book provides a detailed framework for effective, individualized intervention with highly oppositional children and their families. Many vivid examples and Q&A sections show how to identify the specific cognitive factors that contribute to explosive and noncompliant behavior, remediate these factors, and teach children and their adult caregivers how to solve problems collaboratively. The book also describes challenges that may arise in implementing the model and provides clear and practical solutions. Two special chapters focus on intervention in schools and in therapeutic/restrictive facilities.

Dialectical behavior therapy (DBT) skills have been demonstrated to be effective in helping adolescents manage difficult emotional situations, cope with stress, and make better decisions. From leading experts in DBT and school-based interventions, this unique manual offers the first nonclinical application of DBT skills. The book presents an innovative social-emotional learning curriculum designed to be taught at the universal level in grades 6-12. Explicit instructions for teaching the skills—mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness—are provided in 30 lesson plans, complete with numerous reproducible tools: 99 handouts, a diary card, and three student tests. The large-size format and lay-flat binding facilitate photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials. This book is in The Guilford Practical Intervention in the Schools Series, edited by T. Chris Riley-Tillman.

Provides strategies for teenagers to manage their bipolar disorder, describing such tasks as identifying emotions, accepting difficult situations, practicing mindfulness, letting go of negative self-judgements, and creating a crisis plan.

Harness the power of play--101 creative ways for you and your child to bond, have fun, and so much more! What's the best way for children to relate to the world around them? Play! In this book, you'll find a collection of joyful activities that allow parents of children ages 3 to 9 to unlock the therapeutic benefits of play. From strengthening your bond to decreasing their screen dependency, Play Therapy Activities offers a variety of simple exercises that can help improve your child's behavior, impulse control, self-awareness, and more. New to the idea of play therapy? This parent-friendly guide offers a comprehensive overview of the practice, as well as advice for making sure you and your child get the most out of your experiences together. Play Therapy Activities provides: Open the play therapy toolbox--Discover how you can help your child hone certain skills and behaviors with arts and crafts, relaxation and breathing activities, and more. 101 Fun activities--Whether it's dancing, creating stories, or playing outside, discover on- and off-the-page activities (and tips!) for any number of occasions and moods. Play therapy revealed--Find out how and why play therapy is so effective, as well as the ways in which these activities can supplement actual play therapy. Bring fun and skill-building games home with Play Therapy Activities.

Play Therapy Activities

A 30-Day Program for Treating Addictions and Trauma

Treating Explosive Kids

Dialectical Behavior Therapy

Inspiring Arts-Based Activities and Character Education Curricula

Don't Let Your Emotions Run Your Life for Kids

Theory and Practice for Treating Disorders of Overcontrol

Kiera Van Gelder's first suicide attempt at the age of twelve marked the onset of her struggles with drug addiction, depression, post-traumatic stress, self-harm, and chaotic romantic relationships—all of which eventually led to doctors' belated diagnosis of borderline personality disorder twenty years later. The Buddha and the Borderline is a window into this mysterious and debilitating condition, an unblinking portrayal of one woman's fight against the emotional devastation of borderline personality disorder. This haunting, intimate memoir chronicles both the devastating period that led to Kiera's eventual diagnosis and her inspirational recovery through therapy, Buddhist spirituality, and a few online dates gone wrong. Kiera's story sheds light on the private struggle to transform suffering into compassion for herself and others, and is essential reading for all seeking to understand what it truly means to recover and reclaim the desire to live.

Adolescents are often resistant, hostile, moody, and difficult, but they can also be fascinating, creative, spontaneous, and passionate. How do mental health professionals get past the facade? Play Therapy with Adolescents is the first book to offer a complete variety of play therapy approaches specifically geared toward adolescents. The chapters, written by experts in the field, offer readers entry into the world of adolescents, showing how to make connections and alliances.

Temper tantrums in the supermarket. Tears that seem to come out of nowhere. Battles over homework that are more like wars. When your child has problems regulating his or her emotions, there's no hiding it. Children with intense emotions go from 0 to 100 in seconds and are prone to frequent emotional and behavioral outbursts that leave parents feeling bewildered and helpless. Other parents may have told you that it's just a phase or that your child needs discipline. In reality, your child may have emotion dysregulation, a tendency to react intensely to situations other children take in stride. Parenting a Child Who Has Intense Emotions is an effective guide to de-escalating your child's emotions and helping your child express feelings in productive ways. You'll learn strategies drawn from dialectical behavior therapy (DBT), including mindfulness and validation skills, and practice them when your child's emotions spin out of control. This well-researched method for managing emotions can help your child make dramatic emotional and behavioral changes that both of you will be proud of.

Originally developed for the treatment of borderline personality disorder, dialectical behavior therapy, or DBT, has rapidly become one of the most popular and most effective treatments for all mental health conditions rooted in out-of-control emotions. However, there are limited resources for psychologists seeking to use DBT skills with individual clients. In the tradition of ACT Made Simple, DBT Made Simple provides clinicians with everything they need to know to start using DBT in the therapy room. The first part of this book briefly covers the theory and research behind DBT and explains how DBT differs from traditional cognitive behavioral therapy approaches. The second part focuses on strategies professionals can use in individual client sessions, while the third section teaches the four skills modules that form the backbone of DBT: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. The book includes handouts, case examples, and example therapist-client dialogue—everything clinicians need to equip their clients with these effective and life-changing skills.

Radically Open Dialectical Behavior Therapy

Therapy Games for Teens: 150 Activities to Improve Self-Esteem, Communication, and Coping Skills

Mindfulness, Cognitive Behavior Therapy, and the Creative Process

Dialectical Behavior Therapy Skills, 101 Mindfulness Exercises and Other Fun Activities for Children and Adolescents

How to Build Positive Momentum in Your Life