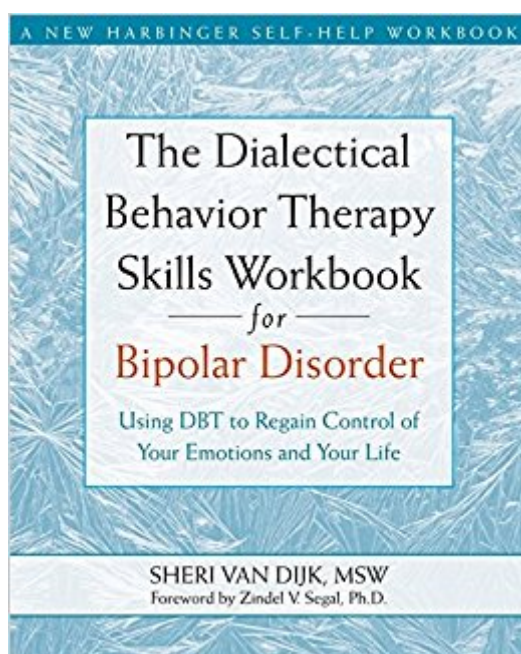


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The Dialectical Behavior Therapy Skills Workbook For Bipolar Disorder: Using DBT To Regain Control Of Your Emotions And Your Life (New Harbinger Self-Help Workbook)



Synopsis

Even if you've just been diagnosed with bipolar disorder, it's likely that you've been living with it for a long time. You've probably already developed your own ways of coping with recurring depression, the consequences of manic episodes, and the constant, uncomfortable feeling that you're at the mercy of your emotions. Some of these methods may work; others might do more harm than good. The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder will help you integrate your coping skills with a new and effective dialectical behavior therapy (DBT) plan for living well with bipolar disorder. The four DBT skills you'll learn in this workbook—mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness—will help you manage your emotional ups and downs and minimize the frequency and intensity of depressive and manic episodes. By using this book in conjunction with medication and professional care, you'll soon experience relief from your bipolar symptoms and come to enjoy the calm and confident feeling of being in control. Learn mindfulness and acceptance skills Cope with depressive and manic episodes in healthy ways Manage difficult emotions and impulsive urges Maintain relationships with friends and family members

Book Information

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Customer Reviews

“Finally, a straightforward and compassionate resource for anyone wanting to understand more about bipolar disorder. The combination of personal stories and practical exercises provides a

powerful guide to living a balanced and joyful life. — Susan Philpott, M.Sc., MSW, mental health supervisor at York Support Services Network in Sutton West, Ontario, Canada — “In this thorough and engaging workbook, Sheri Van Dijk breaks new ground by adapting dialectical behavior therapy for people living with bipolar disorder. This workbook provides patients struggling with this illness with a clear program and real-life day-to-day tools for coping. This workbook will help many people with bipolar disorder find order in their lives. A welcome addition to the helping field. — Paul Cappuccio, MSW, RSW, clinical manager of outpatient mental health services at Southlake Regional Health Centre and lecturer at Queens University — “Medication is the foundational treatment for bipolar disorder. However, medication use alone often results in failed relationships, financial demise, and continued symptoms of depression and anxiety. Van Dijk’s Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder can help to increase readers’ personal serenity, interpersonal harmony, and intimacy in relationships, and optimize their quality of life. This book is clear, concise, and very readable, filled with wise guidelines that are rewarding and practical to implement. — Stephen B. Stokl, MD, FRCP, chief of psychiatry at Southlake Regional Health Centre in Newmarket, Ontario, Canada, and author of *Mentally Speaking*

The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder provides readers with DBT skills such as mindfulness, emotion regulation, and radical acceptance to help them move away from the destructive behaviors that often accompany bipolar disorder.

This book is very outdated in the approach to DBT and reads like a clinician’s manual. The exercises are few and far between, and they aren’t so much exercises as they are self-inventories and lists. The worst part for me were the mindfulness exercises, which attempt to teach you that there’s only a select few ways to mindfulness and unless you’re doing it the author’s way, there’s hardly any room for other mindfulness activities. Save your money and purchase “The Bipolar Workbook,” whose author’s name escapes me at the moment, but feel free to post a question about it and I’ll respond.

I was told by a therapist right after buying this book that It is not dialectical behavior invented by Marsha Linehan and is now in court; the writers are being sued. That being said I do believe that there is some therapeutic value.

This is a great workbook, especially for people who have never heard of DBT. I use it as an additional resource for my daughter and myself on top of our DBT skills classes. Lots of interaction to keep you on track. Take it slow. I especially like the mood charts. Some of it needs better explanation as DBT is confusing in of it's own but overall, a great workbook for anyone who is Bipolar and needs to regulate their moods.

Great shape for a great price

This book is an excellent resource. Accompanied with therapy a lot of progress can be made.

Contains some valuable information in DBT and cognitive behavioral therapy (CBT), but skips over some important techniques and could really benefit from some more exercises and worksheets. I have bipolar, general anxiety, social anxiety, and PTSD. Most bipolar patients have at least two of these and the book could really use more focus on comorbid conditions, especially for anxiety disorders.

I have read just about everything there is in the self help category for bipolar. This book has been so helpful, approachable, and understandable. I recommend it to anyone who is searching for a way to help the elves or someone else who had bipolar or simply lacks emotional stability.

This book is awesome. It is easy to read and follow along. The tools and applications are explained very well. They give lots of examples when they are teaching a new skill. It is nicely set up for stages of learning. I have lent this book to a few people (several of the are licensed Therapists) and most of them have loved it so much that they have gone on to purchase their own copy.

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