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# The Dialectical Behavior Therapy Skills Workbook

SECOND EDITION

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

MATTHEW MCKAY, PhD • JEFFREY C. WOOD, PsyD  
JEFFREY BRANTLEY, MD

# Dialectical Behavior Therapy Skills Workbook McKay

**Matthew McKay, Jeffrey C.  
Wood, Jeffrey Brantley**



## **Dialectical Behavior Therapy Skills Workbook McKay:**

**The Dialectical Behavior Therapy Skills Workbook** Matthew McKay, Jeffrey C. Wood, Jeffrey Brantley, 2007-07-01 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 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 *The Dialectical Behavior Therapy Skills Workbook [Standard Large Print]* Matthew McKay, Jeffrey C Wood, Jeffrey Brantley, 2021-08-16 The Dialectical Behavior Therapy Skills Workbook broke new ground in self help resources when it was released more than ten years ago offering readers unprecedented access to the core skills of dialectical behavior therapy DBT Now fully revised and updated this second edition continues to offer straightforward step by step exercises that will bring core DBT skills to thousands who need it **The Dialectical Behavior Therapy Skills Workbook** Matthew McKay, Jeffrey C. Wood, Jeffrey Brantley, 2007 This book a collaborative effort from several esteemed authors offers general readers and professionals alike straightforward step by step exercises for learning and putting into practice the four core DBT skills mindfulness interpersonal effectiveness emotion regulation and distress tolerance *The Dialectical Behavior Therapy Skills Workbook* Matthew McKay, 2010-05-14 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 **DIALECTICAL BEHAVIOR THERAPY SKILLS WORKBOOK. MATTHEW MCKAY BRANTLEY (JEFFREY C. WOOD, AND JEFFREY.), 2021** **The Dialectical Behavior Therapy Skills Workbook** Matthew McKay, 2010-05-14 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

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Sample Book Insights 1 Overwhelming emotions are when you experience intense pain that is difficult to cope with People who struggle with this often use unhealthy unsuccessful coping strategies because they don t know what else to do 2 To avoid long term suffering you must learn how to cope with your pain in a healthy way Distraction skills help you get away from situations that are causing you emotional pain and self soothing skills help you calm down and relieve your pain 3 The first distress tolerance strategy you need to learn is REST It reminds you to relax evaluate set an intention and take action First stop what you re doing and freeze for a few seconds Then ask yourself what s happening in the situation Remember to not act impulsively 4 The first step in changing your self destructive and problematic behaviors is to identify and anticipate when you will likely have to use REST When you do it s usually an indicator that something is happening that will require you to make a choice either you ll act impulsively and do what you normally do or you ll use one of the coping skills in this book

**The Dialectical Behavior Therapy Skills Workbook** Dr Matthew McKay, PhD,2012-06-19 Traditional Chinese edition of The Dialectical Behavior Therapy Skills Workbook Straight forward step by step ways to build skills to handle distress without losing control In Traditional Chinese Annotation copyright Tsai Fong Books Inc Distributed by Tsai Fong Books Inc

*The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder* Sheri Van Dijk, 2009 Dialectical behavior therapy DBT has proven to be the most effective treatment for the mood swings and impulsive behavior symptomatic of bipolar disorder This workbook presents a complete program for those suffering from this illness *Dialectical Behavior Therapy Diary* Jeffrey C Wood, Matthew McKay, 2021-08-16 From the authors of the best selling self help classic *The Dialectical Behavior Therapy Skills Workbook* this diary offers daily writing prompts to help readers manage intense emotions using the core skills of dialectical behavior therapy mindfulness interpersonal effectiveness emotion regulation and distress tolerance With this diary users will find practical ways to put these skills to work every day

**POCKET THERAPY FOR EMOTIONAL BALANCE** MATTHEW MCKAY BRANTLEY (JEFFERY C. WOOD AND JEFFERY.), 2021 *The Dialectical Behavior Therapy Skills Workbook for Psychosis* Maggie Mullen, 2021-02-01 People with psychotic spectrum disorders often struggle with paranoia auditory hallucinations poor concentration and memory and emotional dysregulation Unfortunately there are very limited resources available to them outside of therapy At long last *The Dialectical Behavior Therapy Skills Workbook for Psychosis* teaches readers powerful and evidence based skills to help them manage their emotions and reduce symptoms so they can get back to living their lives

**The Dialectical Behavior Therapy Skills Workbook for Anger** Alexander L. Chapman, Kim L. Gratz, 2015-11-01 Anger is a natural human emotion But chronic anger can throw life out of balance and wreak havoc on relationships with family friends romantic partners and work colleagues *The Dialectical Behavior Therapy Skills Workbook for Anger* offers powerful proven effective dialectical behavioral therapy DBT skills to help readers understand and manage anger With this workbook as their guide readers will learn to move past anger and start living better lives

**The Dialectical Behavior Therapy Skills Workbook for Anxiety** Alexander L. Chapman, Kim L. Gratz, Matthew T. Tull, 2011-11-01 If you have an anxiety disorder or experience anxiety symptoms that interfere with your day to day life you can benefit from learning four simple skills that therapists use with their clients These easy to learn skills are at the heart of dialectical behavior therapy DBT a cutting edge therapeutic approach that can help you better manage the panic attacks worries and fears that limit your life and keep you feeling stuck This book will help you learn these four powerful skills Mindfulness helps you connect with the present moment and notice passing thoughts and feelings without being ruled by them Acceptance skills foster self compassion and a nonjudgmental stance toward your emotions and worries Interpersonal effectiveness skills help you assert your needs in order to build more fulfilling relationships with others Emotion regulation skills help you manage anxiety and fear before they get out of control In *The Dialectical Behavior Therapy Skills Workbook for Anxiety* you ll learn how to use each of these skills to manage your anxiety worry and stress By combining simple straightforward instruction in the use of these skills with a variety of practical exercises this workbook will help you overcome your anxiety and move forward in your life This book has been awarded The Association for Behavioral and Cognitive Therapies Self Help Seal of Merit 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

**The Emotional Intelligence Skills Workbook** Stephanie Catella,Matthew McKay,2024-04-01 It s natural to feel intense emotions in the face of interpersonal conflict but if we allow these feelings to overpower us our relationships with other people can suffer as a result In The Emotional Intelligence Skills Workbook psychologists Matthew McKay and Stephanie Catella draw from emotion efficacy therapy EET and acceptance and commitment therapy ACT to offer readers a wealth of practical skills they can use to navigate difficult conversations effectively while maintaining important relationships

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