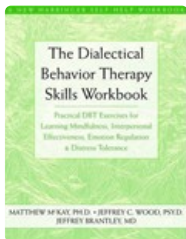


The dialectical behavior therapy diary : monitoring your emotional regulation day by day

<https://libcat.nshealth.ca/en/permalink/provcat25560>

Call Number: WM 425 M153d 2011
Author: McKay, Matthew
Other Authors: Wood, Jeffrey C
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Publisher: New Harbinger Publications
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ISBN: 9781572249561
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Copies: 1
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The dialectical behavior therapy skills workbook : practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance

<https://libcat.nshealth.ca/en/permalink/provcat25561>

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Author: McKay, Matthew
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