



### 13-week DBT skills training treatment group

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**Available Online:** View Pamphlet

**Corporate Author:** Nova Scotia Health Authority. Central Zone. Community Mental Health and Addictions Service

**Alternate Title:** 13-week dialectical behaviour therapy skills training treatment group  
13-week dialectical behavior therapy skills training treatment group

**Place of Publication:** Halifax, NS

**Publisher:** Nova Scotia Health Authority

**Date of Publication:** 2019

**Format:** Pamphlet

**Language:** English

**Physical Description:** 1 electronic document ([2] p.) : digital, PDF file

**Subjects (MeSH):** Psychotherapy, Group  
Cognitive Therapy  
Dialectical Behavior Therapy  
Mindfulness

**Subjects (LCSH):** Group psychotherapy  
Cognitive therapy  
Dialectical behavior therapy  
Mindfulness-based cognitive therapy

**Specialty:** Psychiatry

**Abstract:** The Dialectical Behaviour Therapy (DBT) Group is a skills training group. This group is for people who have a hard time controlling and expressing their emotions effectively. Topics include: how to join the group, when and where the group is held, expectations, and topics covered during sessions.

**Responsibility:** Community Mental Health and Addictions Service

**Pamphlet Number:** 1647



## Raising self-esteem in adults : an eclectic approach with art therapy, CBT and DBT based techniques

<https://libcat.nshealth.ca/en/permalink/provcat33525>

Available Online: View e-Book

Author: Buchalter, Susan I

Responsibility: Susan I. Buchalter

Alternate Title: An eclectic approach with art therapy, cognitive behavior therapy and dialectical behavior therapy based techniques  
An eclectic approach with art therapy, cognitive behaviour therapy and dialectical behaviour therapy based techniques

Place of Publication: London, UK

Publisher: Jessica Kingsley Pub.

Date of Publication: c2015

Physical Description: 1 online resource (288 p.)

ISBN: 9780857008213

Subjects (MeSH): Self Concept  
Cognitive Behavioral Therapy  
Borderline Personality Disorder - therapy  
Art Therapy

Subjects (LCSH): Self-esteem  
Art therapy  
Cognitive therapy  
Dialectical behavior therapy  
Self Concept  
Adolescent  
Adult  
Attention-deficit disorder in adolescence - Treatment

Abstract: A rich assortment of 284 exercises grounded in evidence-based principles of art therapy, dialectical behavioral therapy and cognitive behavioral therapy, to suit a variety of clientele, including those suffering from depression, anxiety, bipolar disorder and schizophrenia, all designed to raise self-esteem - a crucial foundation of wellness.

Contents: Acknowledgments; Preface; Introduction; 1. Art Therapy; 2. Cognitive Behavioral Therapy; 3. Dialectical Behavioral Therapy; 4. Mindfulness; 5. Self-Awareness; 6. Self-Care; 7. Reflective Writing; 8. Diverse Directives; 9. How to Lead a Healthier, Happier, More Fulfilling Life; Bibliography; Index.

Format: e-Book

Location: Online