



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

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Author: Buchalter, Susan I

Responsibility: Susan I. Buchalter

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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.

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