



13-week DBT skills training treatment group

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

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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

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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.)

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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