



### 13-week DBT skills training treatment group

<https://libcat.nshealth.ca/en/permalink/chpams35657>

**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

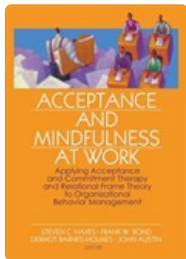
**Subjects (LCSH):** Group psychotherapy  
Cognitive therapy  
Dialectical behavior therapy  
Mindfulness-based cognitive therapy

**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

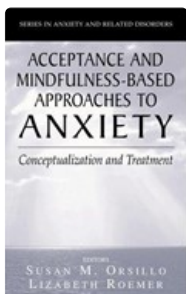
**Pamphlet Number:** 1647



## Acceptance and mindfulness at work

<https://libcat.nshealth.ca/en/permalink/provcat23305>

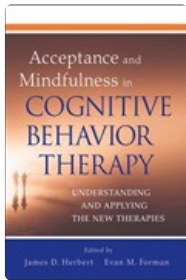
Call Number: HD 58.7 H417a 2006  
Author: Hayes, Steven  
Other Authors: Bond, Frank  
Place of Publication: New York, NY  
Publisher: Haworth Press  
Date of Publication: 2006  
Physical Description: 177 p.  
ISBN: 9780789034793  
Subjects (MeSH): Workplace - psychology  
Mindfulness  
Format: Book  
Location: Nova Scotia Hospital  
Loan Period: 3 weeks



## Acceptance and mindfulness based approaches to anxiety : conceptualization and treatment

<https://libcat.nshealth.ca/en/permalink/provcat23294>

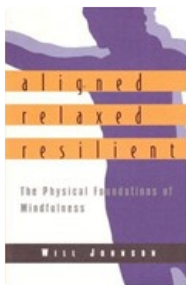
Call Number: WM 172 076a 2005  
Author: Orsillo, Susan  
Other Authors: Roemer, Lizabeth  
Place of Publication: New York, NY  
Date of Publication: 2005  
Physical Description: 375 p.  
Series Title: Series in anxiety and related disorders  
ISBN: 0387259880  
Subjects (MeSH): Anxiety - prevention & control  
Mindfulness  
Format: Book  
Location: Nova Scotia Hospital  
Loan Period: 3 weeks



## Acceptance and mindfulness in cognitive behavior therapy : understanding and applying the new therapies

<https://libcat.nshealth.ca/en/permalink/provcat25067>

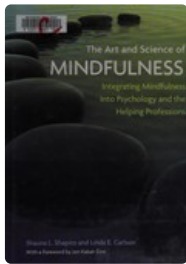
Call Number: BF 637.M4 H536a 2011  
Author: Herbert, James D.  
Other Authors: Forman, Evan M.  
Place of Publication: Hoboken, NJ  
Publisher: John Wiley & Sons  
Date of Publication: 2011  
ISBN: 9780470474419  
Subjects (MeSH): Cognitive Behavioral Therapy - methods  
Mindfulness  
Format: Book  
Location: Nova Scotia Hospital  
Loan Period: 3 weeks



## Aligned, relaxed, resilient : the physical foundations of mindfulness

<https://libcat.nshealth.ca/en/permalink/provcat26126>

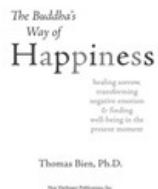
Call Number: BF 637 J71a 2000  
Author: Johnson, Will  
Place of Publication: Boston  
Publisher: Shambhala  
Date of Publication: 2000  
Physical Description: 137 p  
ISBN: 9781570625183  
Subjects (MeSH): Meditation  
Mindfulness  
Attention  
Format: Book  
Location: Nova Scotia Hospital  
Loan Period: 3 weeks



## **The art and science of mindfulness : integrating mindfulness into psychology and the helping professions**

<https://libcat.nshealth.ca/en/permalink/provcat25234>

Call Number: BF 637.M4 S529a 2009  
Author: Shapiro, Shauna  
Other Authors: Carlson, Linda E.  
Place of Publication: Washington, DC  
Publisher: American Psychological Association  
Date of Publication: 2009  
Physical Description: 194 p.  
ISBN: 9781433804656  
Subjects (MeSH): Mindfulness  
Cognitive Behavioral Therapy - methods  
Format: Book  
Location: Nova Scotia Hospital  
Loan Period: 3 weeks



## **The Buddha's way of happiness : healing sorrow, transforming negative emotion and finding well-being in the present moment**

<https://libcat.nshealth.ca/en/permalink/provcat25057>

Call Number: BF 575.H27 B588b 2010  
Author: Bien, Thomas  
Place of Publication: Oakland, CA  
Publisher: New Harbinger Publications  
Date of Publication: 2010  
ISBN: 9781572248694  
Subjects (MeSH): Happiness  
Mind-Body Therapies  
Mindfulness  
Format: Book  
Location: Nova Scotia Hospital  
Loan Period: 3 weeks



## **Building competence in mindfulness-based cognitive therapy : transcripts and insights for working with stress, anxiety, depression, and other problems**

<https://libcat.nshealth.ca/en/permalink/provcat33530>

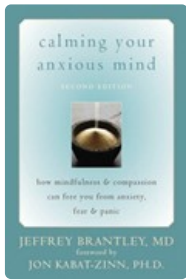
Available Online: View e-Book  
Author: Sears, Richard W  
Responsibility: Richard W. Sears ; foreword by Zindel V. Segal  
Place of Publication: New York, NY  
Publisher: Routledge  
Date of Publication: c2015  
Physical Description: 1 online resource, 198 p.  
ISBN: 9781135087159  
Subjects (MeSH): Cognitive Behavioral Therapy - methods  
Mindfulness

Subjects (LCSH): Mindfulness-based cognitive therapy

Abstract: Mindfulness-Based Cognitive Therapy (MBCT) is an evidence-based program that combines mindfulness and cognitive therapy techniques for working with stress, anxiety, depression, and other problems.

Building Competence in Mindfulness-Based Cognitive Therapy provides the first transcript of an entire 8-week program. This intimate portrayal of the challenges and celebrations of actual clients give the reader an inside look at the processes that occur within these groups. The author also provides insights and practical suggestions for building personal and professional competence in delivering the MBCT protocol.

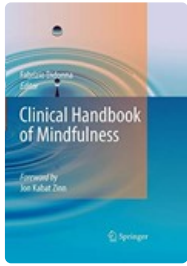
Format: e-Book  
Location: Online



## Calming your anxious mind : how mindfulness and compassion can free you from anxiety, fear, and panic

<https://libcat.nshealth.ca/en/permalink/provcat23731>

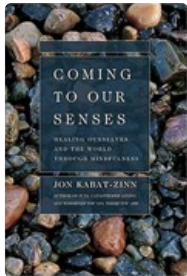
Call Number: WM 172 B821c 2007  
Author: Brantley, Jeffrey  
Edition: 2nd ed.  
Place of Publication: Oakland, CA  
Publisher: New Harbinger Publications  
Date of Publication: 2007  
Physical Description: 227 p.  
ISBN: 9781572244870  
Subjects (MeSH): Anxiety  
Fear  
Meditation  
Mindfulness  
Contents: A mindful approach to fear and anxiety – Paying attention on purpose – The body and its fear system – Anxiety and the power of the mind – Mindfulness and meditation – Your attitude is important – Building your practice foundation – Mindfulness in everyday life – Establishing mindfulness, breath by breath – Mindfulness of the body – Bringing full attention to life – Befriending your anxious mind – Making room for the upset – Common concerns about these meditation practices – Feeling safe, resting in silence – Applying mindfulness to fear and anxiety – Taking a larger view.  
Format: Book  
Location: Nova Scotia Hospital  
Loan Period: 3 weeks



## Clinical handbook of mindfulness

<https://libcat.nshealth.ca/en/permalink/provcat25236>

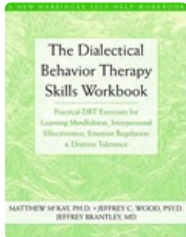
Call Number: BF 637.M4 D557c 2010  
Author: Didonna, Fabrizio  
Place of Publication: New York, NY  
Publisher: Springer Science+Business Media  
Date of Publication: 2010  
Physical Description: 523 p.  
ISBN: 9781441918680  
Subjects (MeSH): Mindfulness  
Format: Book  
Location: Nova Scotia Hospital  
Loan Period: 3 weeks



## Coming to our senses : healing ourselves and the world through mindfulness

<https://libcat.nshealth.ca/en/permalink/provcat21755>

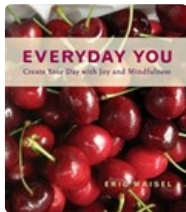
Call Number: BF 637 .M4 K11c 2005  
Author: Kabat-Zinn, Jon  
Place of Publication: New York, NY  
Publisher: Hyperion  
Date of Publication: 2005  
Physical Description: 631 p.  
ISBN: 0786867566  
Subjects (MeSH): Attention  
Meditation - psychology  
Mindfulness  
Format: Book  
Location: Nova Scotia Hospital  
Halifax Infirmary  
Copies: 2  
Loan Period: 3 weeks



**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>

Call Number: WM 425 M153d 2007  
Author: McKay, Matthew  
Other Authors: Wood, Jeffrey C.  
Brantley, Jeffrey  
Place of Publication: Oakland, CA  
Publisher: New Harbinger Publications  
Date of Publication: 2007  
Physical Description: 232 p.  
ISBN: 9781572245136  
Subjects (MeSH): Behavior Therapy  
Mindfulness  
Format: Book  
Location: Nova Scotia Hospital  
Copies: 1  
Loan Period: 3 weeks



**Everyday you : create your day with joy and mindfulness**

<https://libcat.nshealth.ca/en/permalink/provcat23197>

Call Number: BF 637.M4 M231e 2007  
Author: Maisel, Eric  
Place of Publication: San Francisco, CA  
Publisher: Conari Press  
Date of Publication: 2007  
Physical Description: 127 p.  
ISBN: 9781573242868  
Subjects (MeSH): Meditation  
Mindfulness  
Format: Book  
Location: Nova Scotia Hospital  
Loan Period: 3 weeks

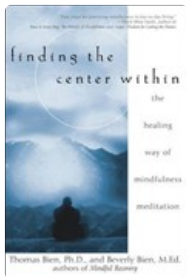




## Facing the storm : using CBT, mindfulness and acceptance to build resilience when your world's falling apart

<https://libcat.nshealth.ca/en/permalink/provcat25074>

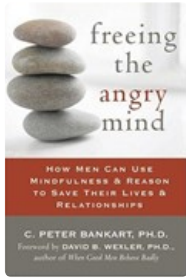
Call Number: BF 637.L53 O97f 2011  
Author: Owen, Ray  
Place of Publication: New York, NY  
Publisher: Routledge  
Date of Publication: 2011  
ISBN: 9780415676595  
Subjects (MeSH): Mindfulness  
Life Change Events  
Resilience, Psychological - Popular Works  
Format: Book  
Location: Nova Scotia Hospital  
Loan Period: 3 weeks



## Finding the center within : the healing way of mindfulness meditation

<https://libcat.nshealth.ca/en/permalink/provcat25056>

Call Number: BF 637.M4 B588f 2003  
Author: Bien, Thomas  
Other Authors: Bien, Beverly  
Place of Publication: Hoboken, NJ  
Publisher: John Wiley & Sons  
Date of Publication: 2003  
ISBN: 9780471263944  
Subjects (MeSH): Meditation  
Self Care - methods  
Mindfulness  
Format: Book  
Location: Nova Scotia Hospital  
Loan Period: 3 weeks



## Freeing the angry mind : how men can use mindfulness and reason to save their lives and relationships

<https://libcat.nshealth.ca/en/permalink/provcat23199>

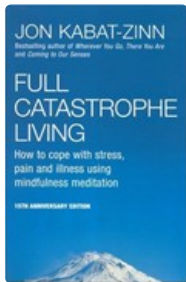
Call Number: BF 637 .M4 B218f 2006  
Author: Bankart, C. Peter  
Place of Publication: Oakland, CA  
Publisher: New Harbinger Publications  
Date of Publication: 2006  
Physical Description: 177 p.  
ISBN: 9781572244382  
Subjects (MeSH): Meditation  
Men  
Mindfulness  
Format: Book  
Location: Nova Scotia Hospital  
Loan Period: 3 weeks



## From suffering to freedom : practicing reality acceptance

<https://libcat.nshealth.ca/en/permalink/provcat34313>

Call Number: WM 425.5 .C6 L754f 2005 DVD v.3  
Author: Linehan, Marsha M  
Place of Publication: Seattle, WA  
Publisher: Behavioral Tech  
Date of Publication: c2005  
Physical Description: 1 DVD (50 min.)  
Series Vol.: 3  
Series Title: From chaos to freedom  
ISBN: 193346402X  
Subjects (MeSH): Mindfulness  
Resilience, Psychological - Popular Works  
Access: .  
Format: DVD  
Location: Nova Scotia Hospital  
Loan Period: 3 weeks



## **Full catastrophe living : using the wisdom of your body and mind to face stress, pain and illness**

**<https://libcat.nshealth.ca/en/permalink/provcat24309>**

**Call Number:** WM 425.5 .R3 K11f 1990

**Author:** Kabat-Zinn, Jon

**Corporate Author:** University of Massachusetts Medical Center. Stress Reduction Clinic

**Edition:** 15th anniversary ed.

**Place of Publication:** New York, NY

**Publisher:** Bantam Dell

**Date of Publication:** 1990

**Physical Description:** 471 p.

**ISBN:** 9780749915858

**Subjects (MeSH):** Mindfulness  
Mind-Body Therapies  
Meditation  
Relaxation Techniques  
Stress, Psychological - prevention & control

**Format:** Book

**Location:** Dickson Building

**Loan Period:** 3 weeks



**Full catastrophe living : using the wisdom of your body and mind to face stress, pain, and illness**

<https://libcat.nshealth.ca/en/permalink/provcat26425>

Call Number: WM 425.5 .R3 K11f 2013  
Author: Kabat-Zinn, Jon  
Responsibility: preface by Thich Nhat Hanh  
Edition: revised and updated ed.  
Place of Publication: New York, NY  
Publisher: Bantam Books  
Date of Publication: 2013  
Physical Description: 650 p.  
ISBN: 9780345536938  
Subjects (MeSH): Mindfulness  
Mind-Body Therapies  
Stress, Psychological - prevention & control  
Subjects (LCSH): Stress management  
Format: Book  
Location: Nova Scotia Hospital  
Copies: 1  
Loan Period: 3 weeks



## Getting through a crisis without making it worse : crisis survival skills. Part 1, Distracting and self-soothing

<https://libcat.nshealth.ca/en/permalink/provcat34315>

Call Number: WM 425.5 .C6 L754f 2005 DVD v.1  
Author: Linehan, Marsha M  
Place of Publication: Seattle, WA  
Publisher: Behavioral Tech  
Date of Publication: c2005  
Physical Description: 1 DVD (57 min.)  
Series Vol.: 1  
Series Title: From chaos to freedom  
ISBN: 1933464003  
Subjects (MeSH): Mindfulness  
Stress, Psychological - prevention & control  
Self Care - methods  
Access: .  
Format: DVD  
Location: Nova Scotia Hospital  
Loan Period: 3 weeks