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Dialectical
behavior therapy
(DBT) is a
treatment

originally designed
to treat borderline
personality
disorder (BPD). In
recent years, it has
been increasingly
used to treat many
other disorders
such as depression,
anxiety, and

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bipolar disorder, in which emotion dysregulation plays a key role.

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Dysregulation

Disorders in Youth
and Adults Sheri

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will provide

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tools you will be

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skills can save
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Summary

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the Emotional

Storm is about how

to bear emotional

pain skillfully. The

book distills the

core teachings of

Dialectical

Behavior Therapy

(DBT), which is a

branch of

psychotherapy with

the premise that

(similar to CBT)

your thoughts,

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emotions, and behaviors are interconnected and that by changing any one component, you can influence the others.

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Objectives • Learn
the DBT theory of
how problems
managing
emotions develop,
and how to help
your clients be
more accepting of
their difficulties

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