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| 1. Record Nr. | UNINA9910822151003321 |
| Autore | McKay Matthew |
| Titolo | The dialectical behavior therapy skills workbook : practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation / / Matthew McKay, Jeffrey C. Wood, and Jeffrey Brantley |
| Pubbl/distr/stampa | Oakland, California : , : New Harbinger Publications, Inc., , [2019] ©2019 |
| ISBN | 1-68403-459-0 |
| Edizione | [2nd edition] |
| Descrizione fisica | 1 online resource (298 pages) |
| Disciplina | 616.89142076 |
| Soggetti | Dialectical behavior therapy |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Nota di bibliografia | Includes bibliographical references. |
| Nota di contenuto | Introduction -- Dialectical behavior therapy: An overview of the treatment -- 1. Basic distress tolerance skill -- 2. Advanced distress tolerance skills -- 3. More distress tolerance skills -- 4. Basic mindfulness skills -- 5. Advanced mindfulness skills -- 6. Exploring mindfulness further -- 7. Basic emotion regulation skills -- 8. Advanced emotion regulation skills -- 9. Basic interpersonal effectiveness skills -- 10. Advanced interpersonal effectiveness skills -- 11. Exposure-based cognitive rehearsals -- 12. Putting it all together -- References. |
| Sommario/riassunto | A clear and effective approach to learning evidence-based DBT skills-- now in a fully revised and updated second edition. Do you have trouble managing your emotions? First developed by Marsha M. Linehan for treating borderline personality disorder, dialectical behavior therapy (DBT) has proven effective as treatment for a range of other mental health problems, and can greatly improve your ability to handle distress without losing control and acting destructively. However, to make use of these techniques, you need to build skills in four key areas: distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness. The Dialectical Behavior Therapy Skills Workbook, a collaborative effort from three esteemed authors, offers evidence-based, step-by-step exercises for learning these concepts and putting them to work for real and lasting change. Start by working on the introductory exercises and, after making progress, move on to the |

advanced-skills chapters. Whether you're a mental health professional or a general reader, you'll benefit from this clear and practical guide to better managing your emotions. This fully revised and updated second edition also includes new chapters on cognitive rehearsal, distress tolerance, and self-compassion. Once you've completed the exercises in this book and are ready to move on to the next level, check out the authors' new book, *The New Happiness Workbook*.

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| 2. Record Nr. | UNINA9910299921303321 |
| Autore | da Silva Biron Dionisio |
| Titolo | Ceramic Membranes Applied in Separation Processes / / by Dionisio da Silva Biron, Venina dos Santos, Mara Zeni |
| Pubbl/distr/stampa | Cham : , : Springer International Publishing : , : Imprint : Springer, , 2018 |
| ISBN | 3-319-58604-1 |
| Edizione | [1st ed. 2018.] |
| Descrizione fisica | 1 online resource (IX, 91 p. 37 illus., 13 illus. in color.) |
| Collana | Topics in Mining, Metallurgy and Materials Engineering, , 2364-3293 |
| Disciplina | 660.2842 |
| Soggetti | Ceramics Glass Composite materials Water-supply Engineering—Materials Ceramics, Glass, Composites, Natural Materials Water Industry/Water Technologies Materials Engineering |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Nota di bibliografia | Includes bibliographical references at the end of each chapters. |
| Nota di contenuto | Introduction -- Overview on Membranes Separations -- Types of Ceramic Membranes -- Ceramic Membranes Preparation -- Main Applications of Ceramic Membranes -- Ceramic Membrane Modules -- Microfiltration and Ultrafiltration -- Water and Wastewater Treatment by Membranes Separation Processes. |
| Sommario/riassunto | This book covers diverse types of ceramic membranes applied in |

separation processes. The authors present the preparation methods and well as the main application of ceramic membranes. Modules, microfiltration and ultrafiltration are topics described within the text. The final chapter focuses on water and wastewater treatment by membranes separation processes.
