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Nota di contenuto	Machine generated contents note: Chapter One Applying Dialectical Behavior Therapy: Toward Access for Diverse Client Needs Gifts of Dialectical Behavior Therapy Chapter Two Emotion Regulation and Resilience: Developing Wise Mind Emotion Regulation Strategies and Helping Framework The Skillfulness Of Intention: Am I In Wise Mind? The Intention of Self-Compassion Mindfulness of the Moment Responding To Emotions in the Moment Expanding the Moment: Resilience-Building and the Bigger Picture Validation and Acceptance to Support Client Change Chapter Three Applying DBT to Mental Health and Substance Abuse Recovery Practicing Mental Health Recovery in DBT-WR Motivational Interviewing Substance Abuse Recovery Chapter Four Accounting for Trauma Overview Trauma to Normalize Emotion Regulation Challenges Neuroscience Engenders Hope and Interest Acknowledgment of Trauma and Extreme Stress Validates Clients Being Mindful of Trauma in the Here-and-Now Resilient Zone Chapter Five Clinician's Use-of-Self: Foundation for Effective Practice Strong Back, Soft Front Use-of-Self Interface with Radical Acceptance Intention and Mindfulness Fueling Effective Practice Use-of-Self with Challenging Clients and Circumstances Responding to Diversity as Opportunity Not as Nuisance Practitioner Non-Defensiveness Language of Invitation Use-of-Self Summary Chapter Six Lessons and Activities: Dialectical

Behavior Therapy for Wellness and Recovery Principles for Using
Lessons Session Structure and Flow Homework Approaching the
Lessons with a Light-Hearted Spirit Lesson 1: Mindfulness and the Brain
Lesson 2: Facing Emotions & Thoughts & Improving the Moment Lesson
3: Dealing With Judgments Lesson 4: Expanding the Moment Lesson 5:
Dealing with Difficult Times: Lesson 6: Opposite Action Lesson 7: Not
Getting Stuck Doing the Usual Exercise 8: Friend to Self: Willing
Participation and Mindful Walking Lesson 9: Primary and Secondary
Emotions Lesson 10: Friend to Self: Doing what is Needed & Self-Care
Lesson 11: Getting Grounded: Finding Wellness Amidst Distress,
Anxiety, and Worry Lesson 12: Finding the Zone: Moving from Suffering
to Balance Lesson13: Self-Nurturance and Joy Lesson14: Effective
Speech and Telling the Truth Lesson 15: Inspiring the World with Our
Courage and Path REFERENCES APPENDIX .

Sommario/riassunto

"This hands-on guide addresses the present day realities of applying dialectical behavior therapy in a mental health and substance abuse recovery context. The book presents the DBT concept, Wise Mind, as developed by author Andrew Bein, as central to a simple, powerful, empirically supported framework that respectfully engages clients in their own efforts to enhance personal well-being. The book includes empirically supported exercises with an emphasis on collaboration and client empowerment using a recovery oriented model for client treatment and improved outcomes"--
