

1. Record Nr.	UNINA9910798102503321
Autore	McKay Matthew
Titolo	Emotion efficacy therapy : a brief, exposure-based treatment for emotion regulation integrating ACT & DBT // Matthew Mckay, Aprilia West
Pubbl/distr/stampa	Oakland, California : , : Context Press, , 2016 ©2016
ISBN	1-62625-404-4
Descrizione fisica	1 online resource (287 p.)
Disciplina	616.8914
Soggetti	Psychotherapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Sommario/riassunto	In this groundbreaking guide for clinicians, best-selling author Matthew McKay presents emotional efficacy therapy (EET)-a powerful and proven-effective model for treating clients with emotion regulation disorders, including depression, anxiety, post-traumatic stress disorder (PTSD), bipolar disorder, and borderline personality disorder (BPD). Using the brief, transdiagnostic, and exposure-based approach in this book, clinicians can help their clients manage difficult emotions, curb negative reactions, and start living a better life.