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| 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<br>©2016                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| Descrizione fisica      | 1 online resource (287 p.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Disciplina              | 616.8914                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Soggetti                | Psychotherapy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| 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. |