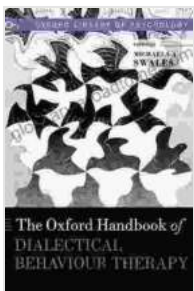


The Oxford Handbook of Dialectical Behaviour Therapy: A Comprehensive Guide

Dialectical behaviour therapy (DBT) is a groundbreaking therapeutic approach that has been shown to be effective in treating a wide range of mental health disorders, including borderline personality disorder, depression, and anxiety.



The Oxford Handbook of Dialectical Behaviour Therapy (Oxford Library of Psychology) by Michaela A. Swales

★★★★★ 5 out of 5

Language : English
File size : 9349 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled
Screen Reader : Supported
Print length : 1099 pages



The Oxford Handbook of Dialectical Behaviour Therapy is the definitive reference work on DBT, providing a comprehensive overview of the theory, practice, and research behind this cutting-edge therapeutic approach.

Edited by leading experts in the field, this handbook brings together the latest research and clinical insights on DBT, providing readers with an in-depth understanding of its principles, techniques, and applications.

What is Dialectical Behaviour Therapy?

DBT is a type of cognitive-behavioural therapy (CBT) that was developed by Marsha Linehan in the 1980s. CBT is a therapeutic approach that focuses on changing maladaptive thoughts and behaviours.

DBT differs from traditional CBT in that it also incorporates elements of acceptance and mindfulness. This combination of acceptance and change makes DBT a particularly effective treatment for individuals who are struggling with intense emotions and self-destructive behaviours.

How does Dialectical Behaviour Therapy work?

DBT is based on the idea that individuals who engage in self-destructive behaviours are trying to cope with overwhelming emotions. These emotions are often the result of past trauma or abuse.

DBT teaches individuals how to identify and regulate their emotions, and how to develop more effective coping mechanisms. The therapy also helps individuals to develop a more positive self-image and to build healthier relationships.

What are the benefits of Dialectical Behaviour Therapy?

DBT has been shown to be effective in treating a wide range of mental health disorders, including:

- Borderline personality disorder
- Depression
- Anxiety
- Eating disorders

- Substance abuse
- Post-traumatic stress disorder

DBT can also be helpful for individuals who are struggling with chronic pain, relationship problems, or other life challenges.

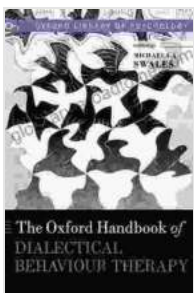
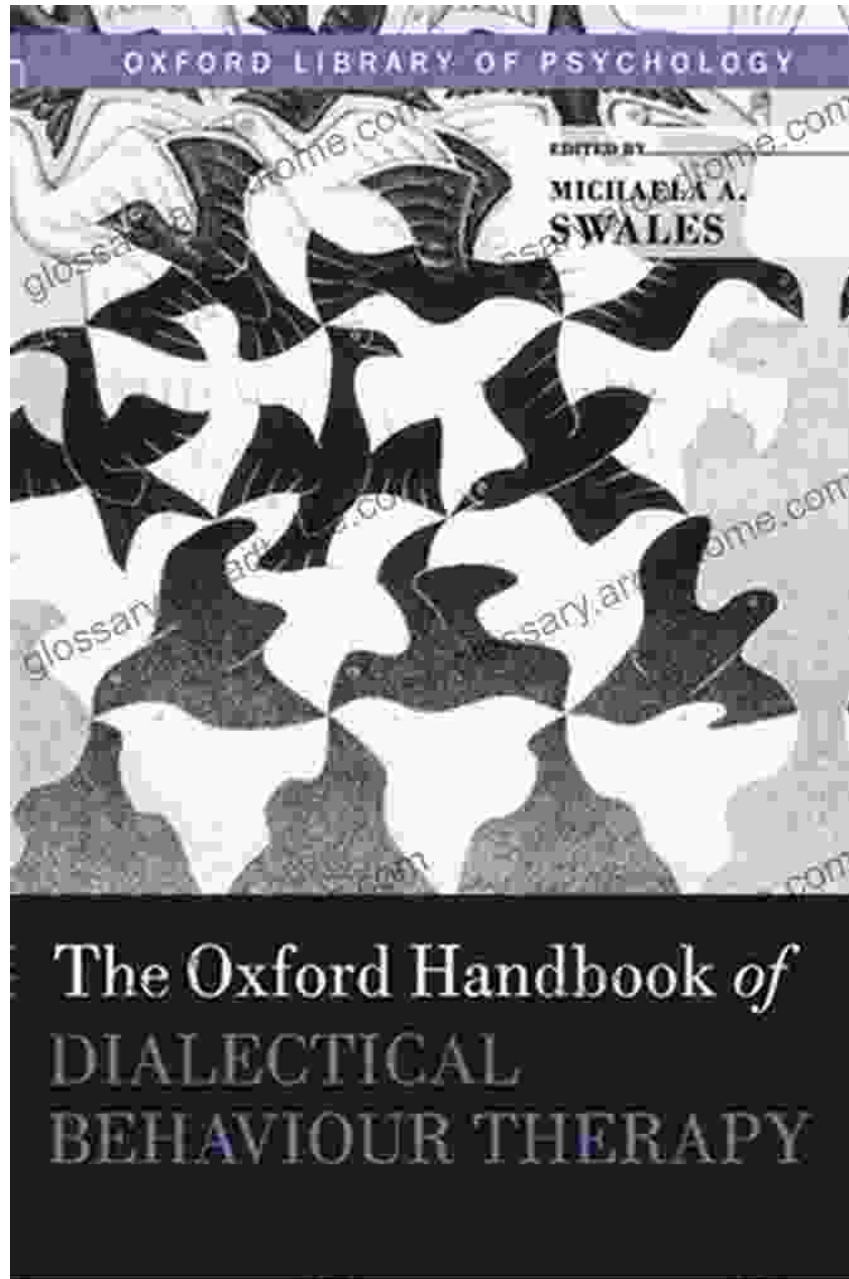
Who can benefit from Dialectical Behaviour Therapy?

DBT is a highly effective therapy for individuals who are struggling with intense emotions and self-destructive behaviours. It is also a good option for individuals who have not responded to other forms of therapy.

If you are interested in learning more about DBT, I encourage you to read *The Oxford Handbook of Dialectical Behaviour Therapy*. This comprehensive handbook will provide you with an in-depth understanding of the theory, practice, and research behind this cutting-edge therapeutic approach.

To Free Download a copy of *The Oxford Handbook of Dialectical Behaviour Therapy*, please [click here](#).

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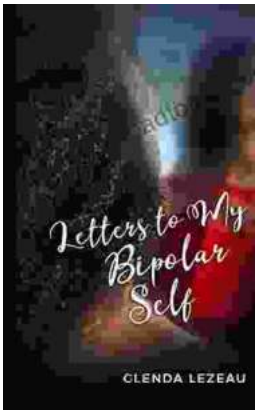


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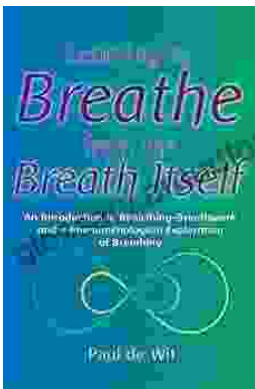
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