

## Calming The Emotional Storm Using Dialectical Behavior Therapy Skills To Manage Your Emotions And Balance Life Sheri Van Dijk

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Dialectical behavior therapy (DBT) is a treatment originally designed to treat borderline personality disorder (BPD). In recent years, it has been increasingly used to treat many other disorders such as depression, anxiety, and bipolar disorder, in which emotion dysregulation

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Sheri Van Dijk CALMING THE EMOTIONAL STORM Summary Summary: Calming the Emotional Storm is about how to bear emotional pain skillfully. The book distills the core teachings of Dialectical Behavior Therapy (DBT), which is a branch of psychotherapy with the premise that (similar to CBT) your thoughts, emotions, and behaviors are interconnected and that by changing any one component, you can influence the others.

*Sheri Van Dijk CALMING THE EMOTIONAL STORM Summary - 3 Min ...*

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