

DBT

THERAPEUTIC ACTIVITY IDEAS FOR WORKING WITH TEENS

*Skills and Exercises for Working with Clients
with Borderline Personality Disorder, Depression,
Anxiety, and Other Emotional Sensitivities*

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DBT Therapeutic Activity Ideas for Working with Teens: Skills and Exercises for Working with Clients with Borderline Personality Disorder, Depression, Anxiety, and Other Emotional Sensitivities



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These practical equipment and ideas are reproducible, and will be invaluable for anyone working with teens. DBT is specifically made for emotionally sensitive young people, especially people that have borderline character disorder, and the actions in this book can help regulate strong psychological responses which can result in impulsivity, unstable relationships, low self-picture and reactive emotions. This is a concise and easy-to-read resource, associated with vignettes and activity linens. These skills used in these modules can be logged and monitored through the tick lists and diary cards provided. It presents a synopsis of the four modules of DBT: mindfulness, distress tolerance, psychological regulation, and interpersonal efficiency. This fun and engaging activity book really helps to teach teens to control emotions and develop relationships by tracking their progress using Dialectical Behaviour Therapy (DBT) techniques.



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Well crafted and fun, skill based publication designed to teach difficult behavior and learn lifelong coping skills. Had the chance to learn DBT Therapeutic Activity Ideas for Working with Teenagers, and this is one of the most informative and useful workbooks I have ever read. The author goes to great length to show skills to boost your teens lifestyle, including worksheets with good examples! As a life trainer for foster and adoptive families, I believe the info in this reserve will greatly advantage both parents and kids. Well crafted and fun, while focusing on changing challenging behavior and learning coping abilities- I'm so appreciative to possess this book and will be buying extra copies to give to clients. Like the, "Turn your brain" worksheet, see photo contained in review. This is an amazing book! It makes DBT exercises that could appear mundane and dry fun and user-friendly. Possibly for elementary or middle school students. Don't purchase if you work with teenagers. Each DBT module offers its own section with worksheets and handouts. This workbook has been probably the most useful books in my own therapy room for kids in middle school, senior high school and young adults entering college. Amazing resource for those who work with teens. The skills are nicely organized and easy to understand. Thank you Carol Lozier, LCSW for providing therapist and customers this gift. Creative and well-written! Not Just for Clinicians I am sure this would be a great resource for clinicians, but if you're a mother or father whose teenager is focusing on DBT skills making use of their counselor, this publication can be for you. May use immediately upon buy! I appeared for a more recent copyright date hoping it would be relatively updated but that one is dated and very "cutesey," and doesn't seem appropriate for teens. Valuable resource! A lot of my customers and parents possess commented how helpful this publication has been for their child. Excellent Tool This is a must-have for clinicians and clients who use teens. We don't recommend this if you're working with teens I don't recommend this if you're working with teens. It is practical, practical and easy to use. Great device for teens, parents and clinicians After reviewing many DBT workbooks, I came across this wonderfully well written and illustrated workbook. There are apparent, concise directions for each and every activity and the trainer can printing a handout and train without a lot of advance planning. The worksheets are attractive rather than complicated therefore the learner will be able to review and integrate the information between sessions. That is such a thorough skill based book, I'm sure I will use it with all of my clients. I am excited about this addition to my toolbox of activities and I know you may be too! Great tool to engage younger thoughts in DBT! Wow! As a therapist, I'm thrilled to begin to use some of these tools with teens who can take advantage of the skills practice! Breaking down what DBT is and the 4 modules- Mindfulness, Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness, along with many of the DBT acronyms and tools into simple but creative worksheets and activities for teenagers to daily practice skills and apply what they have learned in therapy. The publication often provides completed pages for leaders, to descriptively support the knowledge of the activity, and then blank web pages for use with clients/teens. These will be a great addition to DBT groupings designed for adolescents all over the place. I would suggest this for age groups as young as early adolescence through more youthful college age students, and offers great probability with adults with a youthful frame of reference as well. So clean, beautifully come up with, well organized, created in wonderfully, fun language and yet still beneficial and educational in assisting teenagers learn and practice different DBT skills. I'd highly recommend this workbook to any clinician dealing with the adolescent populace. There are several great handouts that you can photocopy and use with your teen, including guidelines, to supplement the abilities that they are already learning. In fact, I'm sure your child's counselor will thank you in the event that you introduce

them to the publication. The format is attractive and easily legible. The handouts are simple to use and parents have responded well to using them aware of their children. But also useful for parents of teenagers in therapy. I would highly recommend this book in the event that you work with teens. The tools are at the right level for this group and address many key areas linked to the DBT model. I find this resource especially ideal for traumatized kids for whom feelings are out of stability...they are either shut down or overactive. The activities in this publication help me as a therapist focus on specific issues with extremely effective exercises and the client leaves with actual tools to keep to use in true to life situations.



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