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The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)

By Alexander L. Chapman PhD RPsych, Kim L. Gratz PhD, Matthew T Tull PhD

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If you have an anxiety disorder or experience anxiety symptoms that interfere with your day-to-day life, you can benefit from learning four simple skills that therapists use with their clients. These easy-to-learn skills are at the heart of dialectical behavior therapy (DBT), a cutting-edge therapeutic approach that can help you better manage the panic attacks, worries, and fears that limit your life and keep you feeling stuck.

This book will help you learn these four powerful skills:

- Mindfulness helps you connect with the present moment and notice passing thoughts and feelings without being ruled by them.
- Acceptance skills foster self-compassion and a nonjudgmental stance toward your emotions and worries.
- Interpersonal effectiveness skills help you assert your needs in order to build more fulfilling relationships with others.
- Emotion regulation skills help you manage anxiety and fear before they get out of control.

In *The Dialectical Behavior Therapy Skills Workbook for Anxiety*, you'll learn how to use each of these skills to manage your anxiety, worry, and stress. By combining simple, straightforward instruction in the use of these skills with a variety of practical exercises, this workbook will help you overcome your anxiety and move forward in your life.

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Editorial Review

Review

“Increasingly, research is showing that dialectical behavior therapy (DBT) can be a useful treatment for a range of mental health problems. In *The Dialectical Behavior Therapy Skills Workbook for Anxiety*, Chapman, Gratz and Tull strip away the jargon and walk the reader step-by-step through this treatment, showing the reader how to apply DBT skills to anxiety. This workbook will provide many anxiety sufferers with much-needed relief.”

—David F. Tolin, PhD, ABPP, director of the Anxiety Disorders Center at the Institute of Living and author of *Face Your Fears*

“I strongly recommend this self-help book for people suffering from various forms of anxiety. These authors effectively describe in lay terms how mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness skills augment the more traditional applications of cognitive behavioral therapy strategies in the treatment of anxiety. In this book, the reader will find clinical vignettes, diagrams, and useful worksheets in this book that enhance the process of learning of these DBT tools.”

—Alec L. Miller, PsyD, professor of clinical psychiatry and behavioral sciences at Albert Einstein College of Medicine in Bronx, NY

“Symptoms of anxiety, worry, and panic are integral to the emotional disorders and respond to a core set of psychological interventions. In this outstanding workbook, the authors pull together some of the most creative and scientifically-proven procedures for managing out-of-control emotions, including anxiety. These dialectical behavior therapy skills should benefit everyone suffering the ravages of anxiety disorders.”

—David Barlow, PhD, professor of psychology and psychiatry and founder and director emeritus of the Center for Anxiety and Related Disorders at Boston University

“A clear, practical guide that combines evidence-based approaches with rich clinical wisdom. Filled with innovative and practical advice as well as lively metaphors and engaging case examples, this book is sure to help readers struggling with anxiety find a balance between acceptance and change. I highly recommend this book and these authors.”

—Lizabeth Roemer, PhD, coauthor of *The Mindful Way Through Anxiety*

“For many, the struggle to control anxiety can be an exhausting, consuming, and seemingly endless challenge. Fortunately, *The Dialectical Behavior Therapy Skills Workbook for Anxiety* offers a number of well researched, easy to implement strategies that can help readers to better understand, accept, and manage their anxiety, improve their relationships, and engage more fully in their lives.”

—Susan M. Orsillo, PhD, psychology professor at Suffolk University

“This is an excellent application of dialectical behavior therapy (DBT) skills for people struggling with anxiety, panic attacks, and related problems. Not only will readers gain a better understanding of what these problems are, they’ll also learn some very practical and effective skills to cope with them. Many thanks to the authors for bringing the success of DBT to people suffering with anxiety.”

—John Forsyth, PhD, director of the Anxiety Disorders Research Program at the University at Albany, SUNY and author of *The Mindfulness and Acceptance Workbook for Anxiety*

“To be relieved of anxiety is often a person’s highest priority for therapy. This book allows access to the powerful DBT methods that can provide that relief. It is not always possible to join a DBT skills training group, but it is possible to understand and use Marsha Linehan’s transformative work by reading this practical interpretation.”

—Kate Northcott, MA, MFT, DBT therapist in private practice with Mindfulness Therapy Associates and director of New Perspectives Center for Counseling in San Francisco, CA

“Alexander Chapman and his colleagues have provided a much-needed, thorough resource in *The Dialectical Behavior Therapy Skills Workbook for Anxiety*. Offering DBT skills and emphasizing mindfulness practice, this book provides helpful information and practical worksheets, and will be a valuable tool for both people experiencing anxiety and the clinicians treating them.”

—Sheri Van Dijk, MSW, RSW, psychotherapist in Ontario, Canada, and author of *The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder*

“*The Dialectical Behavior Therapy Skills Workbook for Anxiety* is a welcome new tool for anyone who is burdened with anxiety, or who works to help those who are. This is a clear, practical, and easy-to-use workbook. It holds the promise of increased understanding, real relief, and personal growth for anyone who is willing to take some time to read the text and apply themselves to the exercises.”

—Jeffrey Brantley, MD, DFAPA, founder and director of the mindfulness-based stress reduction program at Duke Integrative Medicine and author of *Calming Your Anxious Mind*

“The Dialectical Behavior Therapy Skills Workbook for Anxiety is concise, well organized, easy to read, and will likely be a lifeline of relief for many people. Chapman, Gratz, and Tull do a marvelous job of detailing the specific tools of DBT that can truly help readers to help themselves become more positive, able to cope, and successful in their relationships.”

—Denise D. Davis, PhD, clinical psychologist and founding fellow of the Academy of Cognitive Therapy

From the Publisher

The Dialectical Behavior Therapy Skills Workbook for Anxiety adapts the powerful dialectical behavior therapy (DBT) program for the treatment of anxiety and anxiety-related conditions. This book provides readers with the practical DBT skills and strategies they need to manage their anxiety and live more balanced lives.

About the Author

Alexander L. Chapman, PhD, is associate professor in the department of psychology at Simon Fraser University, a practicing registered psychologist, and president of the DBT Centre of Vancouver. He has published numerous articles and chapters on dialectical behavior therapy (DBT), trains professionals and students in DBT, and has coauthored books on behavior therapy, borderline personality disorder, and self-harm. In 2007, Chapman received a Young Investigator’s Award from the National Education Alliance for Borderline Personality Disorder. In 2011, he received a Michael Smith Foundation for Health Research Award to support his work on borderline personality disorder, as well as a Canadian Psychological Association Early Career Scientist Practitioner Award for his work integrating research and treatment in DBT.

Kim L. Gratz, PhD, is associate professor in the department of psychiatry and human behavior at the University of Mississippi Medical Center, where she serves as director of the dialectical behavior therapy clinic and director of personality disorders research. In 2005, Gratz received a Young Investigator’s Award from the National Education Alliance for Borderline Personality Disorder. She has written numerous journal articles and book chapters on borderline personality disorder, deliberate self-harm, and emotion regulation, and is coauthor of *The Borderline Personality Disorder Survival Guide* and *Freedom from Self-Harm*.

Matthew T. Tull, PhD, is associate professor and director of anxiety disorders research in the department of psychiatry and human behavior at the University of Mississippi Medical Center. He has published numerous articles and chapters on emotion regulation and anxiety disorders, with a particular emphasis on panic disorder, generalized anxiety disorder, and post-traumatic stress disorder. He received the Chaim and Bela Danieli Young Professional Award from the International Society for Traumatic Stress Studies in 2009, and the 2010 President’s New Researcher Award from the Association for Behavioral and Cognitive Therapies for his research on post-traumatic stress disorder.

Foreword writer Terence M. Keane, PhD, is associate chief of staff for research and development and director of the behavioral sciences division of the National Center for PTSD at the VA Boston Healthcare System. He is also currently president of the Anxiety Disorders Association of America.

Users Review

From reader reviews:

Melissa Peterson:

Book is to be different for each grade. Book for children until finally adult are different content. As it is known to us that book is very important for us. The book *The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)* seemed to be making you to know about other knowledge and of course you can take more information. It is extremely advantages for you. The publication *The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)* is not only giving you much more new information but also for being your friend when you sense bored. You can spend your personal spend time to read your guide. Try to make relationship with all the book *The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)*. You never feel lose out for everything in case you read some books.

Maurice Lamothe:

A lot of people always spent their free time to vacation or even go to the outside with them family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity this is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the whole day to reading a reserve. The book *The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)* it is quite good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. In the event you did not have enough space bringing this book you can buy the e-book. You can m0ore very easily to read this book from your smart phone. The price is not too expensive but this book features high quality.

Barbera Champ:

Reading can called thoughts hangout, why? Because while you are reading a book mainly book entitled *The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)* your mind will drift away trough every dimension, wandering in most aspect that maybe unfamiliar for but surely might be your mind friends. Imaging every word written in a book then become one web form conclusion and explanation which maybe you never get ahead of. The *The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)* giving you yet another experience more than blown away your brain but also giving you useful information for your better life within this era. So now let us demonstrate the relaxing pattern this is your body and mind will probably be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

Yolanda Nitta:

This *The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)* is great e-book for you

because the content which is full of information for you who all always deal with world and have to make decision every minute. This particular book reveal it facts accurately using great plan word or we can claim no rambling sentences inside it. So if you are read this hurriedly you can have whole info in it. Doesn't mean it only provides you with straight forward sentences but tricky core information with wonderful delivering sentences. Having The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) in your hand like keeping the world in your arm, data in it is not ridiculous just one. We can say that no guide that offer you world inside ten or fifteen small right but this e-book already do that. So , this can be good reading book. Heya Mr. and Mrs. stressful do you still doubt that will?

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