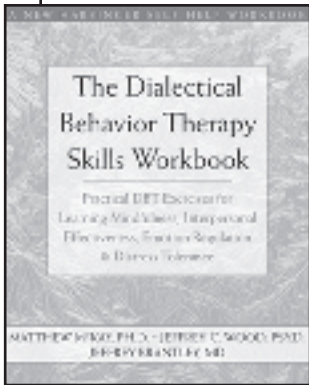


## Are your emotions out of control? A new therapy can help & it's taking the psychology world by storm.



First developed to treat borderline personality disorder, dialectical behavior therapy (DBT) has proven effective at treating a number of other mental health problems that are marked by overwhelming emotions. Now, for the first time, core DBT skills have been made accessible for lay readers. In *The Dialectical Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance* (July 2007; New Harbinger Publications), three luminaries in the field of psychology offer readers step-by-step guidance for bringing overwhelming emotions under control. Four skills comprise the DBT tool kit.

*Mindfulness* helps you experience more fully the present moment while focusing less on painful experiences from the past or frightening possibilities in the future. Mindfulness also gives you tools to overcome habitual, negative judgments about yourself and others.

*Interpersonal Effectiveness* gives you new tools to express your beliefs and needs, set limits, and negotiate solutions to problems—without damaging relationships.

*Emotion Regulation* skills help you to recognize more clearly what you feel and then to observe each emotion without getting overwhelmed by it. They allow you to modulate feelings without behaving in reactive, destructive ways.

*Distress Tolerance* helps you cope better with painful events by building up your resiliency and giving you new ways to soften the effect of upsetting circumstances.

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“The individual struggling with overwhelming emotions and DBT therapists will benefit significantly from this workbook. McKay, Wood, and Brantley have expanded and translated DBT skills, making Linehan’s iconic work on emotional skill building even more accessible and easy to apply to everyday life.”

—Kate Northcott, MA, MFT, is a DBT therapist in private practice with Mindfulness Therapy Associates and is director of New Perspectives Center for Counseling, a non-profit counseling center, in San Francisco, CA

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About DBT and how it became part of psychology’s “third wave.”

Originally developed by psychologist Marshal Linehan to treat the notoriously treatment-resistant borderline personality disorder, dialectical behavior therapy has shown promise in treating a number of mental health conditions. So what makes DBT different from other therapies? For one, it says that the avoidance behaviors we engage in to relieve emotional pain are often more debilitating than the emotional pain itself. It also says that much of our psychological distress comes from competing and often contradictory impulses and desires. For example, you crave intimacy, but are too frightened of rejection to let someone get close. It also stresses the need to have effective coping strategies beyond what standard behavior therapy offers.

Unlike other schools of behavior therapy DBT does not see unrealistic or erroneous beliefs as the source of emotional pain, nor does it ask you to refute these thoughts. That’s why it’s one of the major new approaches that constitutes psychology’s “third wave,” a theoretical shift that marks a departure from conventional behavior therapy. Today there are tens of thousands of individuals around the world being treated with DBT or participating in DBT-based support groups. *The Dialectical Therapy Skills Workbook* is the first book to make DBT skills accessible to general readers.

NEXT:  
About the Authors

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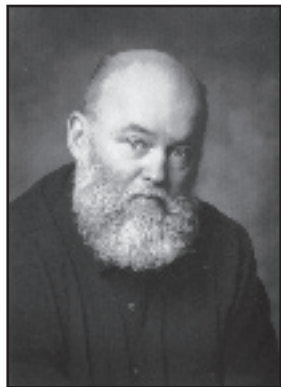
## About the Authors



Matthew McKay Ph.D., is a professor at the Wright Institute in Berkeley, CA. He is coauthor of *The Relaxation & Stress Reduction Workbook*, *Thoughts and Feelings*, *Messages*, *Self-Esteem*, and others. His books combined have sold more than 2 million copies. He received his Ph.D. in clinical psychology from the California School of Professional Psychology. In private practice, he specializes in the cognitive behavioral treatment of anxiety, anger, and depression.



Jeffrey C. Wood, Psy.D., lives and works in the San Francisco Bay Area. He specializes in cognitive behavioral treatments for depression, anxiety, and trauma, as well as assertiveness and life-skills coaching. He is the author of *Getting Help*. Visit him at [www.jeffreywood.com](http://www.jeffreywood.com).



Jeffrey Brantley, MD, is a consulting associate in the Duke Department of Psychiatry and the founder and director of the Mindfulness-Based Stress Reduction Program at Duke University's Center for Integrative Medicine. He has represented the Duke MBSR program in numerous radio, television, and print interviews. He is the best-selling author of *Calming Your Anxious Mind* and coauthor of *Five Good Minutes*, *Five Good Minutes in the Evening*, and *Five Good Minutes at Work*.

Photo: Kent Murray

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## Suggested Interview Questions

1. What is dialectical behavior therapy and how does it differ from other therapies?
2. What are the core DBT skills?
3. What is radical acceptance?
4. You talk about overwhelming emotions in *The Dialectical Behavior Therapy Workbook*. How do you define this and how does someone know if the intensity of their emotions isn't "normal?"
5. Mindfulness is one of the key components of DBT. This is normally associated with meditation and Buddhism. Why is it part of a new therapy?
6. Dialectical behavior therapy is one of the therapies that makes up the "third wave" in the field of psychology. What is this?
7. What does the research tell us about the effectiveness of DBT in treating various mental health disorders?
8. What are interpersonal effectiveness skills and how can they help someone with overwhelming emotions?
9. What are emotion regulation skills and can you give us an example of an emotion regulation exercise?
10. Why is DBT often used in a group setting?

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