

# THE DIALECTICAL BEHAVIOR THERAPY SKILLS WORKBOOK FOR BIPOLAR DISORDER

Using DBT to Regain Control of Your Emotions and Your Life

SHERI VAN DIJK, MSW

A NEW HARBINGER SELF-HELP WORKBOOK

## The Dialectical Behavior Therapy Skills Workbook — for — Bipolar Disorder

Using DBT to Regain Control of Your Emotions and Your Life

SHERI VAN DIJK, MSW  
Foreword by Zindel V. Segal, Ph.D.

### This workbook will help readers:

- Learn mindfulness and acceptance skills
- Cope with depressive and manic episodes in healthy ways
- Manage difficult emotions and impulsive urges
- Maintain relationships with friends and family members.

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#### Foreword

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## A New Way to Live Well With Bipolar Disorder

A powerful new therapeutic approach, dialectical behavior therapy (DBT), has proven to be the most effective treatment for the mood swings and impulsive behavior symptomatic of borderline personality disorder. This therapy is now being put to use to help those with other emotion regulation problems and mood disorders.

***The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life*** presents a complete program for the treatment of bipolar disorder that shows readers how to manage painful emotions, handle suicidal behavior, stop self-injury, control impulsive and mood-dependent behaviors, and learn positive and healthy coping techniques such as mindfulness, distracting skills, and self-soothing skills. The workbook stresses the importance of radical acceptance, which, in the case of bipolar disorder, is the knowledge and acceptance of the fact that readers may not be able to live the lives they had envisioned because of the disorder. The practical worksheets, exercises, mood charting, and life charting tools in this groundbreaking workbook provide readers with the skills they need to handle this highly unpredictable disorder and make plans for a stable future. Though the DBT skills presented can greatly help those with bipolar manage their symptoms, the author highlights the importance of being under a doctor's care and continuing to take medication while completing this DBT program. The book also includes information for friends, family, and caregivers to help them understand the disorder and be supportive.

FOR MORE INFORMATION, CONTACT  
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FOR BIPOLAR DISORDER

Using DBT to Regain Control of Your Emotions and Your Life  
Sheri Van Dijk, MSW foreword by Zindel V. Segal, Ph.D.

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SHERI VAN DIJK, MSW

### About the Author

#### **SHERI VAN DIJK, MSW,**

is a therapist working in private practice and at Southlake Regional Health Centre in Ontario, Canada. She specializes in treating psychiatric disorders, including bipolar disorder, using dialectical behavior therapy and mindfulness practice.

Foreword writer **ZINDEL V. SEGAL, PH.D.**, is the Morgan Firestone Chair in psychotherapy and a professor of psychiatry at the University of Toronto. He is also director of the cognitive behavior therapy unit at the Centre for Addiction and Mental Health.

### Praise

“Finally, a straightforward and compassionate resource for anyone wanting to understand more about bipolar disorder. The combination of personal stories and practical exercises provides a powerful guide to living a balanced and joyful life.”

—Susan Philpott, M.Sc., MSW, mental health supervisor at York Support Services Network in Sutton West, Ontario, Canada

“In this thorough and engaging workbook, Sheri Van Dijk breaks new ground by adapting dialectical behavior therapy for people living with bipolar disorder. This workbook provides patients struggling with this illness with a clear program and real-life day-to-day tools for coping. This workbook will help many people with bipolar disorder find order in their lives. A welcome addition to the helping field.”

—Paul Cappuccio, MSW, RSW, clinical manager of outpatient mental health services as Southlake Regional Health Centre and lecturer at Queens University

“Medication is the foundational treatment for bipolar disorder. However, medication use alone often results in failed relationships, financial demise, and continued symptoms of depression and anxiety. Van Dijk’s Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder can help to increase readers’ personal serenity, interpersonal harmony, and intimacy in relationships, and optimize their quality of life. This book is clear, concise, and very readable, filled with wise guidelines that are rewarding and practical to implement.”

—Stephen B. Stokl, MD, FRCP, chief of psychiatry at Southlake Regional Health Centre in Newmarket, Ontario, Canada, and author of *Mentally Speaking*

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