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All Parts Welcome Sand C. Chang,2025-07-01 Queer and transgender people often feel as if they must hide their true selves due to homophobia, transphobia, and societal rejection. This trans and queer affirming workbook offers skills grounded in internal family systems (IFS) therapy to help readers build self-compassion, resilience, and pride in their identity as they reconnect with, reclaim, and befriend the aspects of themselves they've lost touch with.

Releasing Toxic Anger for Women Karyne B. Wilner,2024-12-01 Women and girls are often taught that anger is an unacceptable emotion. As a result, women are more likely than men to direct anger inward, leading to self-critical inner dialogue, as well as a host of physical and mental health issues. In this much-needed guide, a clinical psychologist and somatic therapist reveals how anger creates stress in the body and mind, and offers women body-based practices and

cognitive behavioral therapy (CBT) techniques to release anger for greater health, vitality, and purpose.

The Pain We Carry Natalie Y. Gutiérrez,2022-10-01 This groundbreaking work illuminates the phenomena of complex post-traumatic stress disorder (C-PTSD) as it is uniquely experienced by people of color, and provides a much-needed path to reclaiming health and wholeness despite the heavy burden of systemic, intergenerational, and attachment trauma resulting from racism in our country. Readers of color will find affirmation of their experience of C-PTSD from both a social justice and psychological lens, and learn techniques for reclaiming wholeness.

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Acceptance-Based Emotion Regulation Therapy Kim L. Gratz, Matthew T. Tull, 2025-06-01 Efficiently target all dimensions of your clients' emotion dysregulation for improved treatment outcomes. There is extensive evidence highlighting the role of emotion dysregulation in numerous forms of psychopathology and maladaptive behaviors including depression, anxiety, PTSD, personality disorders, self-injury, disordered eating behaviors, and substance use, among others. Originally developed for treating self-injury among women with borderline personality disorder, research shows that acceptance-based emotion regulationtherapy is powerfully effective in treating emotion dysregulation and related psychiatric symptoms and self-destructive behaviors in a wide range of clients. Acceptance-Based Emotion Regulation Therapy offers an empirically supported protocol that addresses all key dimensions of emotion regulation using evidence-based strategies drawn from dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), and emotion-focused therapy (EFT), as well as basic behavioral principles—resulting in a treatment that is more targeted and far briefer than comprehensive DBT. After providing an overview of the conceptual and empirical underpinnings of this therapy, as well as the therapeutic stance

underlying this treatment, this step-by-step guide will walk you through each of the fourteen sessions of this therapy, reviewing key concepts and specific strategies for teaching clients key emotion regulation skills. Each chapter includes handouts and outside-of-session practice exercises and monitoring forms to help clients practice the skills and integrate them into their lives. Chapters also include discussion of common sticking points or challenges that can arise when teaching clients these skills, as well as tips for addressing these in an effective, treatment consistent manner. You'll also learn strategies for helping clients maintain treatment gains and prevent relapse. With this comprehensive protocol, you'll be fully equipped to treat psychiatric symptoms stemming from emotion dysregulation, self-destructive behaviors serving an emotion-regulating function, and emotion dysregulation more broadly. If you've been searching for an emotion regulation therapy that efficiently and effectively targets all the core dimensions of emotion dysregulation driving your clients' symptoms and clinical difficulties, this comprehensive guide has everything you need to help your clients improve their emotion regulation, maintain treatment gains, prevent relapse, and build meaningful lives.

The Emotional Intelligence Skills Workbook Stephanie Catella, Matthew McKay, 2024-04-01 It's natural to feel intense emotions in the face of interpersonal conflict, but if we allow these feelings to overpower us, our relationships with other people can suffer as a result. In The Emotional Intelligence Skills Workbook, psychologists Matthew McKay and Stephanie Catella draw from emotion efficacy therapy (EET) and acceptance and commitment therapy (ACT) to offer readers a wealth of practical skills they can use to navigate difficult conversations effectively while maintaining important relationships.

Strategically Navigating Anti-Black Racism in Professional Spaces Pearis L. Jean, 2024-06-01 Having the confidence to stand up to racism can be incredibly difficult. And once you do muster the courage to speak up, what do you say, and when do you say it? This workbook provides Black readers with powerful skills for strategically navigating and responding to anti-Black racism in the workplace. With this much-needed guide, readers will find tips for addressing interpersonal issues, setting boundaries, and attending to their emotional and mental health while ensuring that they achieve their professional goals and aspirations.

Intuitive Eating for Life Jenna Hollenstein, 2022-12-01 For anyone who struggles with food, eating, and body image, Intuitive Eating for Life presents easy and effective mindfulness skills to help readers enhance, sustain, and deepen their intuitive eating practice. Based on the popular anti-diet book program, Intuitive Eating, renowned nutrition therapist and mediation teacher Jenna Hollenstein provides tools to help readers find stability, discover self-awareness, and self-regulate—so they can respect their body and honor their health.

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physical and emotional state.

Healing from Parental Abandonment and Neglect Kaytlyn Gillis,2025-03-01 Survivors of parental abandonment and neglect often struggle with anxiety, self-blame, poor self-esteem, and self-criticism. They may also experience insecurity in relationships, feel unworthy of love, and worry that others will leave them. In this compassionate guide, psychotherapist and family trauma expert Kaytee Gillis helps readers develop a greater awareness of how they were affected by abandonment trauma, and presents powerful strategies to break free from self-blame and shame, trust themselves and those they love, and build a life of connection and empowerment.

The Beyond Addiction Workbook for Family and Friends Jeffrey Foote, Kenneth Carpenter, Carrie Wilkens, 2022-08-01 Addiction is a family affair, and one in four US families are impacted by its devastating effects. From the authors of the best-selling guide, Beyond Addiction, this empowering and healing workbook offers evidence-based skills for family members who want to understand what drives their loved one's addictive behavior, and learn how to discuss it without conflict. This practical, comprehensive workbook demonstrates how family members can be crucial instruments of change for loved ones struggling with substance abuse.

Adult Survivors of Toxic Family Members Sherrie Campbell,2022-04-01 For many people, cutting ties with a toxic family member is a crucial step away from a legacy of dysfunction and toward healing and well-being. In Adult Survivors of Toxic Family Members, psychologist Sherrie Campbell offers readers effective strategies for setting strong boundaries after ending contact with a toxic family member, and provides powerful tools to help them heal from shame, self-doubt, and stigma.

The Intuitive Eating Workbook Evelyn Tribole, Elyse Resch, 2025-01-02 Many people overeat due to stress, intense emotions—or even out of boredom! Based on the best-selling book, Intuitive Eating, this fully revised and updated workbook addresses the ten principles of intuitive eating, and provides an evidence-based model to help readers reject diet mentality, develop a healthy relationship with food, pay attention to cues of hunger and satisfaction, and cultivate a profound connection with both mind and body.

The Anger Workbook for Kids Christina Kress,2022-09-01 Kids often need extra help managing their emotions, and this is especially true when it comes to anger. The Anger Workbook for Kids offers clinically proven, hands-on activities grounded in dialectical behavior therapy (DBT) to help kids manage anger, regulate their emotions, handle conflict with peers, and express big feelings in healthier ways.

The Social Rhythm Therapy Workbook for Bipolar Disorder Holly A. Swartz,2024-04-01 Research shows that individuals with bipolar disorder often have dysregulated circadian rhythms, which can lead to worsening mood swings. In The Social Rhythm Therapy Skills Workbook for Bipolar Disorder, bipolar and mood disorder expert Holly Swartz offers a fresh

approach to help readers stabilize their internal body clock—or biologic clock—to overcome dramatic shifts in mood, and find lasting relief from bipolar symptoms.

Overcoming Parental Anxiety Debra Kissen, Micah Ioffe, Hannah Romain, 2022-12-01 All parents worry about their kids. But for some parents, worry and anxiety about their children can be constant and overwhelming. In Overcoming Parental Anxiety, three anxiety specialists team up to offer parents essential skills for "rewiring" their anxious brain using the core principles of neuroscience and practices from cognitive behavioral therapy (CBT), mindfulness, and acceptance and commitment therapy (ACT). Using the targeted exercises in this book, parents can stop worrying and start enjoying being a parent!

<u>ACT for Treating Children</u> Tamar D. Black,2022-05-01 More than ever, clinicians need customizable approaches for treating children with mental health conditions such as anxiety and depression. Written by an experienced educational psychologist, ACT for Treating Children offers clear, practical, brief, and developmentally appropriate strategies grounded in acceptance and commitment therapy (ACT) to help children ages 5 to 12 learn effective coping skills, manage emotions, and bounce back from life's difficulties.

The Complex PTSD Coping Skills Workbook Tamara McClintock Greenberg, 2022-09-01 Reclaim your life from C-PTSD with this powerful and compassionate workbook. If you've experienced long-term or repeated trauma—such as childhood abuse or neglect, domestic violence, betrayal, or prolonged emotional abuse—you may struggle with intense feelings of sadness, anger, anxiety, shame, and distrust toward others. You should know that you aren't alone, your pain is real, and there are ways to improve your mental health and begin to heal. This compassionate and evidence-based workbook can help you get started. This workbook offers an integrative approach for coping with complex post-traumatic stress disorder (C-PTSD) using cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), mindfulness, mentalization, and relational therapy. You'll learn the most effective strategies to manage symptoms, overcome painful memories, and build self-confidence. Most importantly, you'll find validation that your feelings aren't "crazy" or "outsized," and discover the skills needed to help you reclaim your life. This empowering workbook will help you: Identify and understand the root cause of your C-PTSD Overcome fear, hypervigilance, and avoidance Balance emotions before they interfere with daily life Seek out and maintain relationships based in equality and respect

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