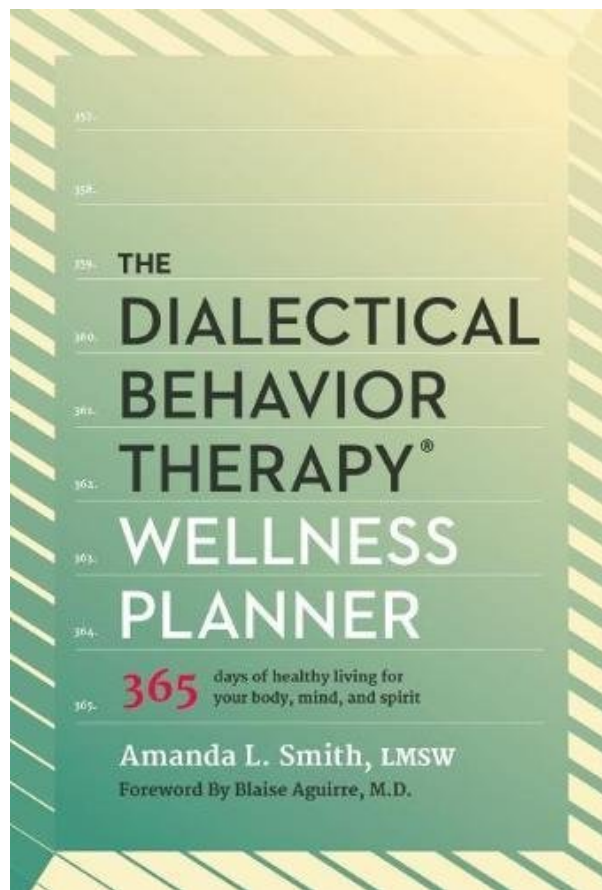
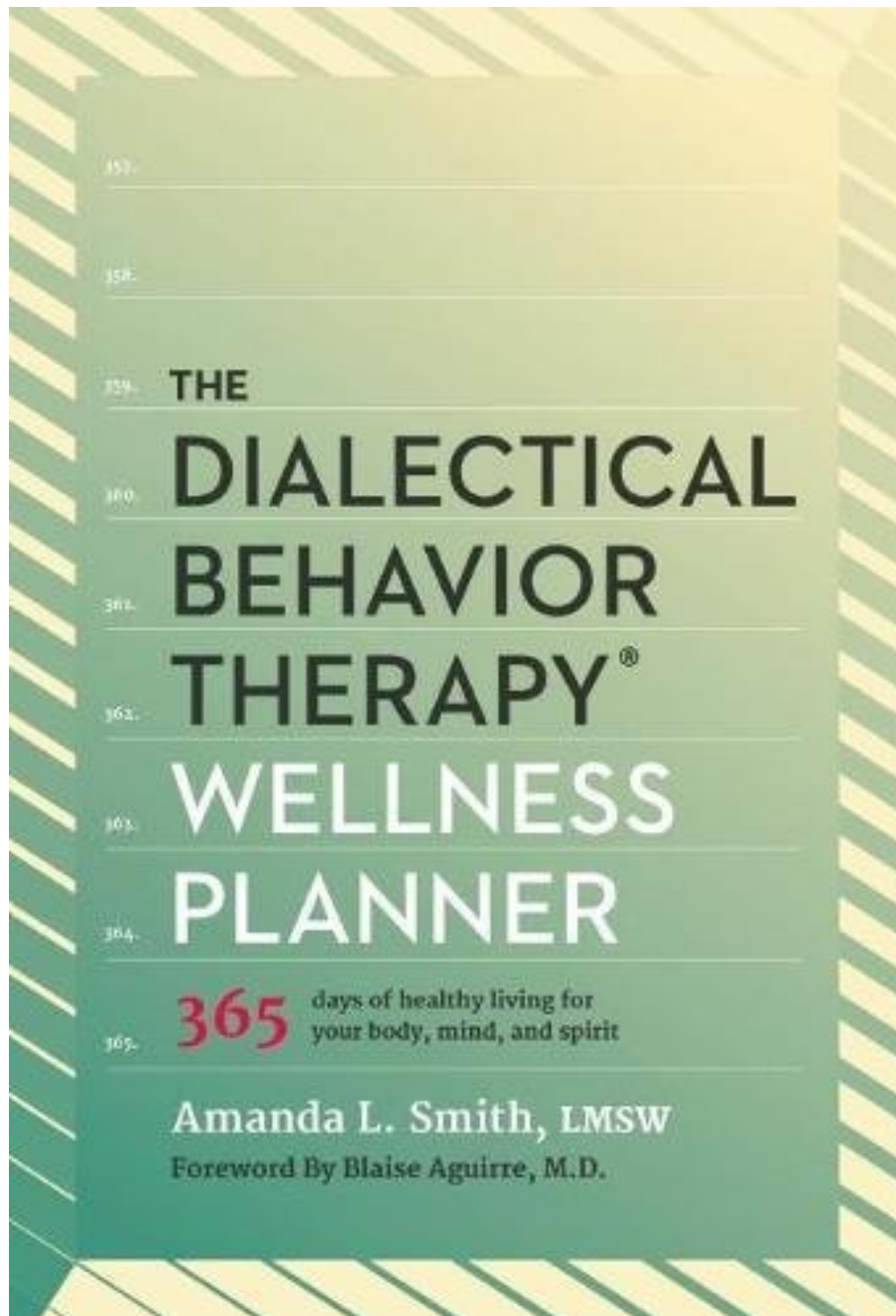


**THE DIALECTICAL BEHAVIOR THERAPY
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- Sales Rank: #50660 in Books
- Published on: 2015-09-15
- Original language: English
- Number of items: 1
- Dimensions: 9.90" h x 1.10" w x 7.30" l, .0 pounds
- Binding: Diary
- 272 pages

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Most helpful customer reviews

63 of 63 people found the following review helpful.

An indispensable complement to any DBT program

By timory

I learned about this book by following Amanda's tumblr of all things, and was shocked to learn that she was a well-respected social worker, BPD researcher, specialist and therapist. After getting over being a bit starstruck, I looked into the book, and realized that it was exactly what I'd been looking for.

As many DBT participants know, the book/binder/materials that we're given can be a little bit overwhelming and unwieldy. It's not often clear what worksheet to turn to, especially when we've already gone through all of the units and aren't following specific homework assignments anymore (or we are, but need additional help with specific issues that come up day to day. This planner offer a simple way to check in daily with all four skills, as well as short sections for gratitude, daily goals, and "today's shining moment." It generally takes no more than five minutes to fill out an entry for the day. For those struggling with addiction or who engage in destructive behavior, there is also a "days sober" counter for each day. I'm lucky enough not to struggle with addictions, so I often change what I'm counting in this space; for instance, if I'm going through a rough patch, I may write in this space "days since berating myself." If I'm in a good space but want to decrease a behavior that is somewhat unhealthy, I might say "days without caffeine." The planner is endlessly customizable!

It's not a journal, and not meant to be a replacement for one. What's so great about it for me is that it is such a simple way for me to remind myself of DBT skills on a daily basis. If I'm not sure how I practiced, say, distress tolerance on a certain day, I can go look in my DBT materials for a refresher. There may also be

days when I haven't practiced that skill, and that's okay too -- I can just leave that spot blank.

At the beginning of each week, there is also a quick checklist for each day to allow you to check in with physical, emotional, relational, and spiritual needs. Since I'm not religious, I simply avoid questions relating to those aspects. Otherwise, it's a good reminder to check that you're getting balanced meals, enough sleep, practicing mindful breathing, etc. These are things that are often easy to forget between weekly DBT sessions, so I find that the planner keeps me grounded and accountable on a daily basis, without any pressure if I accidentally miss a day.

At regular intervals, the planner includes a more thorough assessment to gauge improvement, allowing you to recalibrate your goals. I know that this is a planner that I will be buying again year after year as I improve my DBT skills and recover from BPD. I hope that new editions will come out that incorporate improvements, as well.

It would definitely be helpful if Amazon provided an example of one of the daily planning worksheets.

9 of 9 people found the following review helpful.

This is an excellent way to keep track of your mood and your ...

By Pugwump

This is an excellent way to keep track of your mood and your skill use. I hadn't been able to do it well with any other method and this makes it so easy.

I have attached a close photo of one of the days so you can see what it covers a little better. The front of the book has summaries of DBT skills and there's a monthly assessment to see your progress more clearly.

This is a must for anyone who needs to keep better track and get better feedback on their recovery.

42 of 42 people found the following review helpful.

Awesome DBT Workbook - Easy and Enjoyable Progress Tracking

By KARI

This is one of my absolute favorite workbooks in regards to DBT. You record your DBT skills used daily, list what you are thankful for, goals you worked towards, your shining moment of the day, etc. There are many different things to record about your day and keep track of your progress without it being overwhelming. I have had trouble keeping up with daily DBT workbooks, but this one is by far the most enjoyable to use and the easiest to work on on a daily basis. I will certainly be purchasing another once I am finished with this one!

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THE DIALECTICAL BEHAVIOR THERAPY WELLNESS PLANNER: 365 DAYS OF HEALTHY LIVING FOR YOUR BODY, MIND, AND SPIRIT (THE BORDERLINE PERSONALITY D PDF

Be the very first to download this e-book now and obtain all reasons you should read this The Dialectical Behavior Therapy Wellness Planner: 365 Days Of Healthy Living For Your Body, Mind, And Spirit (The Borderline Personality D Guide The Dialectical Behavior Therapy Wellness Planner: 365 Days Of Healthy Living For Your Body, Mind, And Spirit (The Borderline Personality D is not just for your responsibilities or requirement in your life. Publications will certainly consistently be a great close friend in every time you check out. Now, allow the others understand about this web page. You could take the advantages and also discuss it additionally for your friends as well as individuals around you. By this way, you could actually get the significance of this e-book **The Dialectical Behavior Therapy Wellness Planner: 365 Days Of Healthy Living For Your Body, Mind, And Spirit (The Borderline Personality D** beneficially. What do you consider our suggestion below?

Review

"Some years ago, I worked with a young woman who had a hard time tracking her experience from day-to-day. She used the diary cards I gave her, but because of crisis-ridden life, she couldn't keep her diary cards together and it was hard to measure her progress week over week. She moved to trying to track her emotions and behaviors on her smartphone, but again having to scroll back and forth between the most recent week and what happened 16 weeks ago (for instance) was cumbersome.

She loved to journal, so I suggested that she do that instead; however, even though this was a more productive way of monitoring, it had two drawbacks. The first was that there were days she would write an entire novel, and days that she would write a single sentence. I wished that there were a way for her to consistently be able to report on her journey to healing. She needed the benefit of a journal with all its pages in one tome, the utility of a diary card with easy prompts to focus her attention on specific target behaviors, and the practicality of a smartphone, keeping days in order without skipping tasks or days.

Amanda Smith has done just that with The Dialectical Behavior Therapy® Wellness Planner: 365 Days of Healthy Living for Your Body, Mind, and Spirit. It is a practical tool for the emotionally sensitive person looking for an easier way to track your emotions and behavior as well as monitor progress over time. The day-to-dayness of the planner brings gentle structure that does not overwhelm with burdensome demands. At the same time, it makes the skills from dialectical behavioral therapy (DBT) accessible for in-the-moment review as well allowing the user to continue to monitor their progress with self-assessment tools.

This is a wonderful little planner. Individuals will find it to be an important and personal yardstick on their journey to recovery. I also imagine giving it to members of a DBT skills group as a graduation present as a practical gift and a memento, the utility of which will last a lifetime."

Blaise Aguirre, M.D.

Medical Director

3East DBT-Continuum

McLean Hospital

Assistant Professor of Psychiatry
Harvard Medical School

"The Dialectical Behavior Therapy Wellness Planner is a must have. If you are looking for a practical resource that structures your management of treatment, progress, and emotion regulation, you have found it. Amanda Smith provides an excellent resource with information, guidance, referral information, and daily, weekly, and monthly assessment and accountability. This unique journal is a wonderful resource with practical application. I love the focus on cogent self-assessment, strengths and gratitude and progress on goals. What a wonderful tool for daily improved health and life success. Amanda Smith hit a home run with this journal."

Helen Wilson Harris, EdD, LCSW, Associate Professor, Garland School of Social Work

"Amanda Smith is living proof that DBT works. Used consistently, her Dialectical Behavior Therapy Wellness Planner will prove to be a valuable tool in saving your own life."

Stacy Pershall, author of *Loud in the House of Myself: Memoir of a Strange Girl*

"Amanda Smith has developed a way for people with emotional dysregulation to track their use of dialectical behavior therapy skills, and monitor their progress in a coherent, structured way. As a supplement to DBT and diary cards, the Dialectical Behavior Therapy Wellness Planner will assist a many with their therapeutic process and recovery."

Michael Roy, LCSW, founder and executive director of Clearview Women's Center for Borderline Personality Disorder

"Amanda's DBT planner is a wonderful resource for those learning and practicing dialectical behavior therapy skills. I love how it reminds us each day to acknowledge the skills we are using as we build mastery. It also provides an opportunity to examine which skills we may be under and over utilizing so we can create some balance. It's colorful pages, organized layout, and gratitude sections will invite and encourage us to use it on a daily basis. This planner is replacing my diary cards!"

Debbie Corso, Founder and Co-Facilitator at DBT Path, online classes for emotionally sensitive people

"Like the author, I have benefited personally from DBT, and as a result, became intensively trained as a therapist. Personally and professionally, I feel that this planner can provide significant, meaningful insight for people who are healing through DBT. I really appreciate the ease with which users can review their challenges and successes over time. People may forget important moments, and the diary can be a useful reminder of how far someone has come and where they can continue to improve."

Allie Boston, MSW

"One of the most critical aspects of the recovery process is having a way to determine goals and monitor progress. Amanda Smith's clever book provides a framework for doing just that. First, the initial assessment shows areas for improvement. The weekly format allows for planning, tracking daily progress, and reviewing results. Then the monthly assessment helps to evaluate your progress and decide what to focus on next. This planner is a valuable road map to wellness and recovery."

Carl Dunn, Mental health educator and moderator of BPDChat

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From the Inside Flap

The Dialectical Behavior Therapy Wellness Planner is a helpful tool to use as you work toward creating a healthier, more meaningful life—a life worth living—by balancing acceptance and change.

You can use it to:

Track your emotions and behavior

Monitor your progress

Bring structure into your day.

Use the Planner to consistently track and report on your journey to healing. It's a journal that helps you keep everything in one place, and keeps you focused on where you are and where you want to go.

In Part 1, discover the value and details of mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. Next, in Part 2, take the Self-Care Assessment and then get started with the Daily Self-Care Tracker. After thirty days, take a new Self-Care Assessment to see how you've grown!

Start on any date with the monthly, weekly, and daily calendars designed to help you plan for success as you practice skills and make a commitment to daily self-care.

From the Back Cover

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Getting guides *The Dialectical Behavior Therapy Wellness Planner: 365 Days Of Healthy Living For Your Body, Mind, And Spirit (The Borderline Personality D* now is not type of hard means. You can not simply opting for book store or collection or loaning from your buddies to read them. This is a very simple method to specifically get the publication by on the internet. This on-line e-book *The Dialectical Behavior Therapy Wellness Planner: 365 Days Of Healthy Living For Your Body, Mind, And Spirit (The Borderline Personality D* can be among the options to accompany you when having extra time. It will not waste your time. Believe me, the e-book will certainly reveal you new thing to check out. Simply invest little time to open this on the internet book *The Dialectical Behavior Therapy Wellness Planner: 365 Days Of Healthy Living For Your Body, Mind, And Spirit (The Borderline Personality D* and also read them wherever you are now.