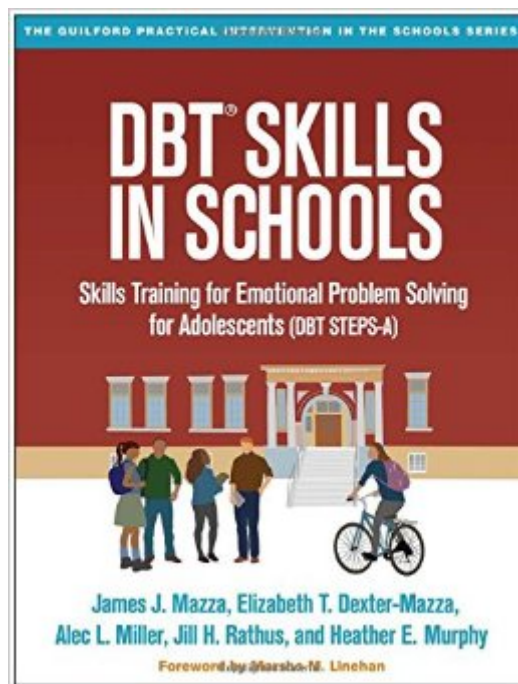


The book was found

DBT® Skills In Schools: Skills Training For Emotional Problem Solving For Adolescents (DBT STEPS-A) (Guilford Practical Intervention In The Schools)



Synopsis

Dialectical behavior therapy (DBT) skills have been demonstrated to be effective in helping adolescents manage difficult emotional situations, cope with stress, and make better decisions. From leading experts in DBT and school-based interventions, this unique manual offers the first nonclinical application of DBT skills. The book presents an innovative social “emotional learning curriculum designed to be taught at the universal level in grades 6-12. Explicit instructions for teaching the skills--mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness--are provided in 30 lesson plans, complete with numerous reproducible tools: 99 handouts, a diary card, and three student tests. The large-size format and lay-flat binding facilitate photocopying; purchasers also get access to a Web page where they can download and print the reproducible materials. This book is in The Guilford Practical Intervention in the Schools Series.

Book Information

Series: Guilford Practical Intervention in the Schools

Paperback: 490 pages

Publisher: The Guilford Press; 1 edition (June 13, 2016)

Language: English

ISBN-10: 1462525598

ISBN-13: 978-1462525591

Product Dimensions: 8 x 0.6 x 10.5 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #90,246 in Books (See Top 100 in Books) #14 in Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #33 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry > Child #117 in Books > Textbooks > Education > Counseling

Customer Reviews

This is an amazing book. It is not often that a book comes along that changes one's world-view. I like most every book put out by Guilford Press and this one is no exception.

This is an awesome book!

[Download to continue reading...](#)

DBT® Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A) (Guilford Practical Intervention in the Schools) Executive Skills in Children and Adolescents, Second Edition: A Practical Guide to Assessment and Intervention (The Guilford Practical Intervention in the Schools Series) Bullying Prevention and Intervention: Realistic Strategies for Schools (The Guilford Practical Intervention in the Schools Series) Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) The ABCs of CBM, Second Edition: A Practical Guide to Curriculum-Based Measurement (Guilford Practical Intervention in the Schools) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) ABCs of CBM, Second Edition (Guilford Practical Intervention in the Schools) Conducting School-Based Functional Behavioral Assessments, Second Edition: A Practitioner's Guide (Guilford Practical Intervention in the Schools) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Assessing Culturally and Linguistically Diverse Students: A Practical Guide (Practical Intervention in the Schools) The ABCs of CBM, First Edition: A Practical Guide to Curriculum-Based Measurement (Practical Intervention in the Schools) CBT for Chronic Pain and Psychological Well-Being: A Skills Training Manual Integrating DBT, ACT, Behavioral Activation and Motivational Interviewing The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks) CODEPENDENCY: 12 Steps to Break Free From Manipulation & Emotional Abuse And Start Enjoying Healthy Relationships & Self Confidence (Enabling, Mind Control, Emotional Health & Happiness) Emotional Eating Books: 10 steps to

control emotional eating & lose weight (NLP)

[Dmca](#)