



## The Emotion Regulation Skills System for Cognitively Challenged Clients: A DBT-Informed Approach

By Julie F. Brown

Guilford Publications. Paperback. Book Condition: new. BRAND NEW, The Emotion Regulation Skills System for Cognitively Challenged Clients: A DBT-Informed Approach, Julie F. Brown, Informed by the principles and practices of dialectical behavior therapy (DBT), this book presents skills training guidelines specifically designed for participants with cognitive challenges. Clinicians learn how to teach core emotion regulation and adaptive coping skills in a framework that promotes motivation and mastery for all learners, and that helps clients apply what they have learned in daily life. The book features ideas for scaffolding learning, a sample 12-week group curriculum that can also be used in individual skills training, and numerous practical tools, including 150 reproducible handouts and worksheets. The large-size format facilitates photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials.



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