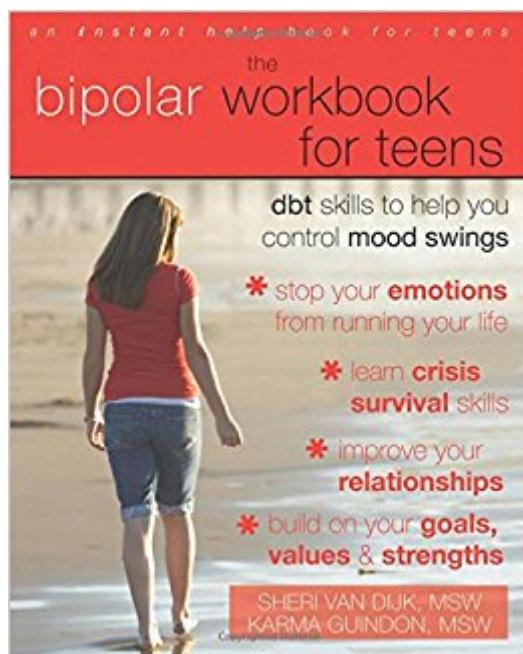


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# The Bipolar Workbook For Teens: DBT Skills To Help You Control Mood Swings



## Synopsis

When you have bipolar disorder, it can sometimes seem like mood swings are keeping you from being the person you want to be. You may alternate between feelings of depression and overexcitement even though what you really want is to find a healthy balance between the two. This easy-to-use workbook presents a set of skills you can learn that will help you find that balance, become more independent, and stay focused on the big-picture goals that are most important to you. The Bipolar Workbook for Teens includes exercises and worksheets that will help you learn skills drawn from a special technique called dialectical behavior therapy (DBT). DBT skills can help people with bipolar disorder improve their relationships with friends and family and calm themselves when their emotions get really overwhelming. Working through this book will help you: Recognize and respond to your emotional triggers Create a crisis plan and find support Get a handle on addictive behavior Maintain friendships and get along with your family

## Book Information

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## Customer Reviews

“The Bipolar Workbook for Teens offers potent support for youth struggling with bipolar disorder, empowering them with knowledge and practical tools for their journey towards self-acceptance and self-knowledge.” Shirley Eyles, mental health nurse, certified Theraplay therapist in private practice and coauthor of Applications of Family and Group Theraplay

“I highly recommend this excellent workbook, not only for teens diagnosed with bipolar disorder, but also for those experiencing troublesome mood swings. Readers will learn essential skills to manage those symptoms. This workbook is user-friendly, well-organized, encouraging, and

based in research. • Francine Brill, MD, FRCP(C), child and adolescent psychiatrist at Southlake Regional Health Centre in Newmarket, ON, Canada • The authors of this book speak directly to youth in a respectful and genuine manner. There is tremendous value in reading stories of other teens who have shared similar experiences. This book is truly welcome addition to the educational resources available to adolescents who live with the complex difficulties of bipolar disorder. • Janice Phillips, B.Ed., educator and mental health social worker • This is an excellent, easy-to-read workbook for teens suffering from bipolar disorder. Teens will identify with the client scenarios shared in this book. It presents a straight forward approach to gaining knowledge about the illness, learning the tools to help overcome symptoms, and practicing exercises to establish new thought patterns and behaviors. Used in conjunction with medication, the knowledge and exercises in this book will help teens prevent deterioration, take control of the symptoms of bipolar disorder, and optimize their quality of life. • Linda Jeffrey, RN, cognitive behavior therapist in private practice and manager of Crisis Services of the Canadian Mental Health Association, Simcoe County Branch

In *The Bipolar Workbook for Teens*, two therapists help teenage readers use dialectical behavior therapy (DBT) to tap into their resources and develop new skills for managing their bipolar disorder, then use their newfound strengths to work towards living according to their goals and values. Readers learn to maintain interpersonal relationships and use crisis survival skills.

I deal with teenagers all day long in a residential program. This purchase was AMAZINGLY HELPFUL! I had a kid say "I am not Bipolar". Just the first few pages that had the list of possible symptoms helped him to see that he may have mental health concerns, and the rest of the book was wonderful to help him work on his own problems. This book has been a blessing for my clients.

Great book!

I am a mental health therapist. I currently have three boys on my caseload between the ages of 10-14 who have been diagnosed with Bipolar Disorder. Two of the boys are currently working through the workbook, and it has been extremely helpful in giving them some control over their bodies and emotions. Great supplement to other therapeutic interventions. Tip: kiddos need to be aware of their diagnosis and be ready to process how their lives are affected by Bipolar before starting the book.

My child, my self, and my child's therapist really like this book. Not too wordy, it's quick & easy to get into. My kiddo took to it right away and it's come in handy for us.

This book is very informative. As a school psychologist it helps me understand these aspects of therapy so I can be aware of them in my own practice.

I am a therapist and am using this book in therapy. I find some of the activities useful and easy to use with adolescents and can be adapted to adults. I would recommend this for use w a therapist.

Easy to use as a clinician, clients have found material approachable

It is a fairly helpful workbook. Some good advice, support. It's another tool in your toolbox, so to speak. My daughter used it when reminded it was available to her.

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Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and (Instant Help Book for Teens)  
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Bipolar, Not So Much: Understanding Your Mood Swings and Depression  
Surviving the Emotional Roller Coaster: DBT Skills to Help Teens Manage Emotions (The Instant Help Solutions Series)  
The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks)  
The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & ... Tolerance (New Harbinger Self-Help Workbook)

Overcoming Trauma and PTSD: A Workbook Integrating Skills from ACT, DBT, and CBT (A New Harbinger Self-Help Workbook) The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress (An Instant Help Book for Teens) Not Just Up and Down: Understanding Mood in Bipolar Disorder (The Bipolar Expert Series Book 1) Relationship Skills 101 for Teens: Your Guide to Dealing with Daily Drama, Stress, and Difficult Emotions Using DBT (The Instant Help Solutions Series) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) What You Must Know About Thyroid Disorders & What To Do About Them: Your Guide to Treating Autoimmune Dysfunction, Hypo- and Hyperthyroidism, Mood Swings, ... Loss, Weight Issues, Celiac Disease & More Mindfulness for Bipolar Disorder: How Mindfulness and Neuroscience Can Help You Manage Your Bipolar Symptoms The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens)

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