



DBT Therapy and EMDR Therapy Bundle: Dialectical Behavioral Therapy - Eye Movement Desensitization and Reprocessing

Paul Catalani

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? DBT Therapy

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Life entails inevitable challenges. To surmount these battles, we each seek for various mechanisms. This particular eBook on Dialectical Behavior Therapy (DBT) is developed for those who are struggling with Borderline Personality Disorder (BPD), depression, anxiety, and other psychiatric disorders. It will also be a great resource for those who have loved ones beset by the same issues.

Mindfulness

No longer living life in your absence; increasing self-awareness

Interpersonal Effectiveness

Actively interacting with others and managing conflicts

Emotion Regulation

Discerning, describing and regulating emotions

Distress Tolerance

Coping strategies for distressing crises

? EMDR Therapy

An untainted and positive approach to life is a keystone to achieving happiness. Just as we fail to view a clear vista looking through a dirty glass, we fail to view the beauty of life looking through a mind riddled with negative memories.

Eye Movement Desensitization Reprocessing (EMDR)—although still in its early stages of global recognition—is a form of therapy that has helped millions with their psychological ailments. Extensive research has evidenced the efficacy of EMDR's approach in the treatment of trauma.

This eBook provides essential information about EMDR, discussing its history, definition, the eight phases of treatment, research based results, plenty of self-help techniques and much besides. It deliberates the benefits

of EMDR in the treatment of post-traumatic stress disorder (PSTD), anxiety, various phobias and other experiential-based disorders.

Enhanced with examples and broad descriptions, the book gives a thorough understanding of the purpose of the therapeutic approach and provides a vivid imagery of what EMDR therapy sessions look like.

This eBook will serve as a great compass for the understanding of EMDR for those seeking to pursue the therapy. It furnishes all the necessary information needed to understand whether this therapy is the right one for you or a loved one.

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