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The Expanded Dialectical Behavior Therapy Skills Training ... Dialectical Behavior Therapy or DBT is an evidence-based therapy that is effective in treating a wide range of disorders. DBT is a recognized form of therapy that is accepted by the American Psychological Association (APA) and the National Institute of Mental Health (NIMH).

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Your thoughts and feelings matter just as much as everyone else's—you just need to find your voice. Express Yourself offers skills based in dialectical behavior therapy (DBT) and cognitive behavioral therapy (CBT) to help you create

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positive interactions with others and deal with difficult emotions that can arise from bullying or dealing with mean girls.

express yourself book

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