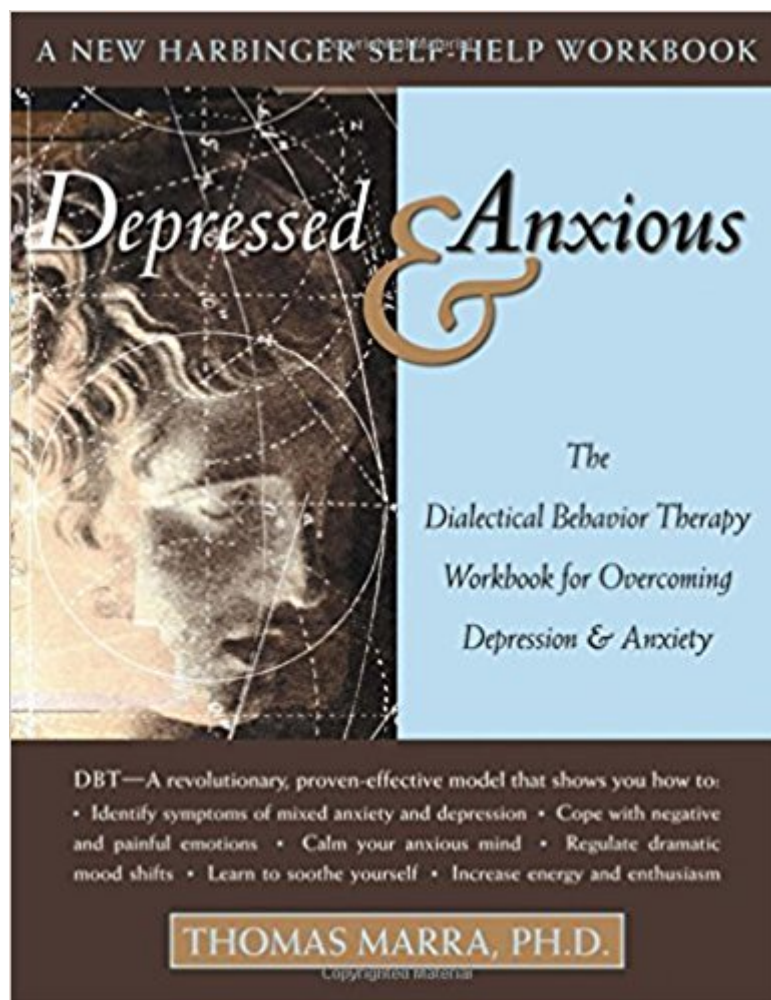




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# Depressed And Anxious: The Dialectical Behavior Therapy Workbook For Overcoming Depression & Anxiety



## Synopsis

As if coping with feelings of depression or anxiety by themselves weren't difficult enough, clinical research suggests that as many as 60 percent of depression sufferers concurrently experience some kind of anxiety disorder. If you are in this group, it is quite common to simultaneously experience profound loss of energy and initiative along with substantial stress and anxiety. Caught between the push and pull of these two conditions, you might find that neither is easy even to recognize, much less cope with. But, by adapting for the first time the powerful techniques of dialectical behavior therapy, or DBT, to the special needs of people troubled by co-occurring depression and anxiety, this book offers powerful tools for overcoming this condition. DBT is designed for people who have lost hope and meaningfulness in life, who question their own ability to be influential in their world, who find their emotions intolerable, and who find that they try to escape and avoid important aspects of their lives. DBT may be just the tool you've been looking for to move beyond depression and anxiety. The step-by-step exercises, techniques, and worksheets in this book work to identify painful inner conflicts that might underlie depression and anxiety symptoms. Then, by negotiating a series of compromises, the techniques help acknowledge these issues while limiting their ability to interfere with your life •effectively reducing the extent to which your emotions govern who you are or what you are capable of. This book explains mindfulness techniques that encourage participation in the world and allow easier adaptation to change. It treats the difference between "threat cues" and "safety cues" and how recognizing and reacting to them constructively can reduce the effects of anxiety and depression. By teaching you how to monitor and limit negative self-evaluations and how to best tolerate negative experience, this book gives you a powerful set of tools for the control of co-occurring depression and anxiety.

## Book Information

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## Customer Reviews

"Marra's book penetrates the jargon of dialectics, making this fundamental DBT concept accessible to his readers. His stylistic and prosaic voice makes this an eminently readable self-help manual even as he draws upon psychological research, clinical practice, and classic literature." <sup>TM</sup>  
Scott E. Spradlin, MA, author of *Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control*

An expert in dialectical behavior therapy, or DBT, shows readers who struggle with both anxiety and depression how to use ideas from this powerful therapy to relieve their symptoms and regain control of their lives. Readers use mindfulness techniques and cognitive behavioral strategies to tolerate distress, silence negative self-talk, and resolve inner dialectical conflict. <sup>TM</sup> Statisticians report that more than 50 million Americans suffer from depression and anxiety <sup>TM</sup> This is the first book to address co-occurring depression and anxiety <sup>TM</sup> From a leading expert in dialectical behavior therapy, or DBT; the newest, breakthrough model in psychology today

Having read and been treated mostly with CBT previously, I am familiar with the parts of CBT that overlap with DBT, but I have to say that CBT wasn't enough. I was resistant to what I understood of DBT because the clinical group settings used for those with Borderline Personality Disorder I felt would be too invalidating and unnecessarily structured for someone with PTSD, depression, and anxiety. I was also uncomfortable with what I understood is a Eastern religious tint to DBT. I'm glad that I didn't let these concerns stop me from buying this book. I figured that if there were even just a few tools in it that were helpful, and that I had to ignore a lot of it, that I would still be better off. I'm using the book in conjunction with individual therapy. The book does a good job of explaining the conflicting feelings we have and how these conflicts are normal, among other things. I do wish there were more examples before the exercises, because when a person is depressed it's hard to think creatively enough to figure out how things apply to them. One example isn't enough sometimes, so it's taking longer to work through the book because it takes a long while to figure out how to apply

things to me. It's still extremely worth it. A couple people have complained that the book has dense terminology and isn't accessible to average people. I've only had a semester of community college and have never worked in the psychiatric field and I have no trouble understanding this book. I think it's worth a try for anyone with these feelings.

I have read many self-help books and workbooks. Nothing has ever come close to being this engaging and helpful! I look forward to reading the text and doing the exercises. Can you imagine? Looking forward to work? Well, I do because the book makes sense, and the reader can understand why he or she is being asked to do these exercises. And these writing exercises are fascinating, while forcing you really examine your life. This is a deep book without being intimidating. It is highly readable and enjoyable to read. As one who has a great deal of experience reading self-help books and workbooks, I recommend this book above all the others.

I found this much too wordy and dense to use as a self-paced resource. It might be fine with the help of a counselor, but for someone who just wants to absorb the basics in their spare time, it doesn't get to the point quickly enough. At 50% through the book, there was still just lots of vague talking and awkward one-size-fits-all questions and essay prompts. I ended up finding what I needed with a quick Google search instead.

I saw a picture of a cat getting a bath the other day. His eyes were huge, and he looked terrified and mad and just completely freaked out. That's what anxiety feels like, I thought. This book has helped learn how to handle that feeling. This book is very helpful. If you feel like your emotions are sometimes running your life. If you test as a Highly Sensitive Person or Myers-Briggs INFJ, you may also be able to use this book. I have struggled more with anxiety than depression, and this book has helped me a lot with it. I now feel like I can handle the bad feelings, instead of freaking out or running from them. I highly recommend this book and am so glad I found it. It has helped me a lot.

Dr. Marra has spent years in private practice utilizing the tools of Dialectical Behavioral Therapy to assist clients in overcoming depression and anxiety. His expertise is in every page. It is concise and clearly written and explains how anxiety and depression go hand in hand in our stressful lives along a continuum of being well. Working the workbook pages ensures the reader the capacity to understand the complexities of dialectics in behavior and how to observe our behavior without emotional disturbances that get "out of control" or aka emotional "dysregulation". Well written for the

interested consumer of mental health services for empowering themselves in a world that feels topsy turvy with emotions going in two directions at once. I highly recommend this workbook.

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