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Strategically Navigating Anti-Black Racism in Professional Spaces Pearis L. Jean,2024-06-01 Having the confidence to stand up to racism can be incredibly difficult. And once you do muster the courage to speak up, what do you say, and when do you say it? This workbook provides Black readers with powerful skills for strategically navigating and responding to anti-Black racism in the workplace. With this much-needed guide, readers will find tips for addressing interpersonal issues, setting boundaries, and attending to their emotional and mental health while ensuring that they achieve their professional goals and aspirations.

Intuitive Eating for Life Jenna Hollenstein,2022-12-01 For anyone who struggles with food, eating, and body image, Intuitive Eating for Life presents easy and effective mindfulness skills to help readers enhance, sustain, and deepen their intuitive eating practice. Based on the popular anti-diet book program, Intuitive Eating, renowned nutrition therapist and mediation teacher Jenna Hollenstein provides tools to help readers find stability, discover self-awareness, and self-regulate—so they can respect their body and honor their health.

The Inner Critic Workbook Shawn Costello Whooley,Holly Yates,2025-03-01 Turn down the volume on your inner critic

and crank up your confidence with this mindful, compassionate workbook. Are you your own worst critic? Do you live with the incessant chatter of your inner voice constantly on your case about how you never do anything right, how you're not good enough, and that you'll never be good enough? Does it sometimes feel like this unwelcome, unkind voice gets so loud that it starts interfering with your daily life? If so, you should know that you aren't alone—and there are steps you can take to get out from under the never-ending barrage of self-criticism. This workbook will help you learn how to see yourself with greater compassion and confidence. The Inner Critic Workbook teaches you, step by step, how to turn down the volume on your inner critic, and crank up your confidence using proven-effective mindfulness, acceptance, and self-compassion strategies. You'll learn where this judgmental voice comes from, what's likely to trigger it, and how to soften it up with a little kindness directed inward! As you discover and connect with what matters most to you, you'll begin hearing a more authentic, compassionate—and accurate—voice. A severe and unrelenting inner critic can make it feel like you're paralyzed with fear and self-doubt—and unable to move forward and reach your goals. If you're ready to replace "You aren't good enough!" with "You've got this," open this book, open your heart, and start caring for yourself in ways both big and small.

Breathe In Calm Domonick Wegesin, 2021-12-01 In times of intense stress and anxiety, readers want instant relief. In *Breathe in Calm*, a neuroscientist and yoga expert teaches readers how to identify when anxiety is rising, and use calming tools—including yogic breathing, mindfulness, and acceptance—to actively soothe their nervous system and regulate their physical and emotional state.

ACT for Treating Children Tamar D. Black, 2022-05-01 More than ever, clinicians need customizable approaches for treating children with mental health conditions such as anxiety and depression. Written by an experienced educational psychologist, *ACT for Treating Children* offers clear, practical, brief, and developmentally appropriate strategies grounded in acceptance and commitment therapy (ACT) to help children ages 5 to 12 learn effective coping skills, manage emotions, and bounce back from life's difficulties.

All Parts Welcome Sand C. Chang, 2025-07-01 Queer and transgender people often feel as if they must hide their true selves due to homophobia, transphobia, and societal rejection. This trans and queer affirming workbook offers skills grounded in internal family systems (IFS) therapy to help readers build self-compassion, resilience, and pride in their identity as they reconnect with, reclaim, and befriend the aspects of themselves they've lost touch with.

Overcoming Parental Anxiety Debra Kissen, Micah Ioffe, Hannah Romain, 2022-12-01 All parents worry about their kids. But for some parents, worry and anxiety about their children can be constant and overwhelming. In *Overcoming Parental Anxiety*, three anxiety specialists team up to offer parents essential skills for "rewiring" their anxious brain using the core principles of neuroscience and practices from cognitive behavioral therapy (CBT), mindfulness, and acceptance and commitment therapy (ACT). Using the targeted exercises in this book, parents can stop worrying and start enjoying being a

parent!

Releasing Toxic Anger for Women Karyne B. Wilner, 2024-12-01 Women and girls are often taught that anger is an unacceptable emotion. As a result, women are more likely than men to direct anger inward, leading to self-critical inner dialogue, as well as a host of physical and mental health issues. In this much-needed guide, a clinical psychologist and somatic therapist reveals how anger creates stress in the body and mind, and offers women body-based practices and cognitive behavioral therapy (CBT) techniques to release anger for greater health, vitality, and purpose.

The Beyond Addiction Workbook for Family and Friends Jeffrey Foote, Kenneth Carpenter, Carrie Wilkens, 2022-08-01 Addiction is a family affair, and one in four US families are impacted by its devastating effects. From the authors of the best-selling guide, *Beyond Addiction*, this empowering and healing workbook offers evidence-based skills for family members who want to understand what drives their loved one's addictive behavior, and learn how to discuss it without conflict. This practical, comprehensive workbook demonstrates how family members can be crucial instruments of change for loved ones struggling with substance abuse.

Healing Sexual Trauma Workbook Erika Shershun, 2021-07-01 The scars of sexual trauma exist not only in the mind, but also in the body. Drawing on the powerful mind-body techniques of somatic therapy, therapist Erika Shershun gives readers who've experienced sexual trauma a step-by-step guide to overcoming shame and stigma in the mind, bringing a newly felt sense of safety, awareness, and life to the body.

The Pain We Carry Natalie Y. Gutiérrez, 2022-10-01 This groundbreaking work illuminates the phenomena of complex post-traumatic stress disorder (C-PTSD) as it is uniquely experienced by people of color, and provides a much-needed path to reclaiming health and wholeness despite the heavy burden of systemic, intergenerational, and attachment trauma resulting from racism in our country. Readers of color will find affirmation of their experience of C-PTSD from both a social justice and psychological lens, and learn techniques for reclaiming wholeness.

The Intuitive Eating Workbook Evelyn Tribole, Elyse Resch, 2025-01-02 Many people overeat due to stress, intense emotions—or even out of boredom! Based on the best-selling book, *Intuitive Eating*, this fully revised and updated workbook addresses the ten principles of intuitive eating, and provides an evidence-based model to help readers reject diet mentality, develop a healthy relationship with food, pay attention to cues of hunger and satisfaction, and cultivate a profound connection with both mind and body.

Acceptance-Based Emotion Regulation Therapy Kim L. Gratz, Matthew T. Tull, 2025-06-01 Efficiently target all dimensions of your clients' emotion dysregulation for improved treatment outcomes. There is extensive evidence highlighting the role of emotion dysregulation in numerous forms of psychopathology and maladaptive behaviors including depression, anxiety, PTSD, personality disorders, self-injury, disordered eating behaviors, and substance use, among others. Originally

developed for treating self-injury among women with borderline personality disorder, research shows that acceptance-based emotion regulation therapy is powerfully effective in treating emotion dysregulation and related psychiatric symptoms and self-destructive behaviors in a wide range of clients. Acceptance-Based Emotion Regulation Therapy offers an empirically supported protocol that addresses all key dimensions of emotion regulation using evidence-based strategies drawn from dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), and emotion-focused therapy (EFT), as well as basic behavioral principles—resulting in a treatment that is more targeted and far briefer than comprehensive DBT. After providing an overview of the conceptual and empirical underpinnings of this therapy, as well as the therapeutic stance underlying this treatment, this step-by-step guide will walk you through each of the fourteen sessions of this therapy, reviewing key concepts and specific strategies for teaching clients key emotion regulation skills. Each chapter includes handouts and outside-of-session practice exercises and monitoring forms to help clients practice the skills and integrate them into their lives. Chapters also include discussion of common sticking points or challenges that can arise when teaching clients these skills, as well as tips for addressing these in an effective, treatment consistent manner. You'll also learn strategies for helping clients maintain treatment gains and prevent relapse. With this comprehensive protocol, you'll be fully equipped to treat psychiatric symptoms stemming from emotion dysregulation, self-destructive behaviors serving an emotion-regulating function, and emotion dysregulation more broadly. If you've been searching for an emotion regulation therapy that efficiently and effectively targets all the core dimensions of emotion dysregulation driving your clients' symptoms and clinical difficulties, this comprehensive guide has everything you need to help your clients improve their emotion regulation, maintain treatment gains, prevent relapse, and build meaningful lives.

The Emotional Intelligence Skills Workbook Stephanie Catella, Matthew McKay, 2024-04-01 It's natural to feel intense emotions in the face of interpersonal conflict, but if we allow these feelings to overpower us, our relationships with other people can suffer as a result. In *The Emotional Intelligence Skills Workbook*, psychologists Matthew McKay and Stephanie Catella draw from emotion efficacy therapy (EET) and acceptance and commitment therapy (ACT) to offer readers a wealth of practical skills they can use to navigate difficult conversations effectively while maintaining important relationships.

"Pure O" OCD Chad LeJeune, 2023-01-02 Let go of the struggle and obsess less. With this unique guide, you'll find the tools you need to get unstuck from obsessive thoughts, overcome fears, feel more grounded, and live a life that truly reflects your values. Pure obsessional obsessive-compulsive disorder, or "Pure O" OCD, is a subtype of OCD that is characterized by intrusive thoughts, images, or urges without any visible compulsive symptoms. Instead, obsessive worry, regret, or uncertainty is accompanied by "hidden" compulsions like reassurance seeking, avoidance, or complex thought rituals. This can lead to decisions based on fears and compulsions rather than grounded in your values. The efforts to stop or change obsessive thoughts only leads to more anxiety and fear. So, how do you break this obsessive cycle? Grounded in acceptance

and commitment therapy (ACT), and written by a renowned ACT and anxiety expert, “Pure O” OCD explains the process of “cognitive fusion” that leads to obsessive thinking, and how efforts to avoid or control our thoughts reinforce the fusion in an unhelpful, positive feedback loop. Using the five skills in the book—labeling, letting go, acceptance, mindfulness, and proceeding with purpose—you’ll learn how to finally break free of the struggle, worrying, and avoidance that keeps you stuck. With practice, you’ll find that you can change your relationship to anxiety and obsessive thoughts, responding with your own values-based choices, proceeding purposefully toward a life that reflects what matters most to you.

The Anger Workbook for Kids Christina Kress,2022-09-01 Kids often need extra help managing their emotions, and this is especially true when it comes to anger. The Anger Workbook for Kids offers clinically proven, hands-on activities grounded in dialectical behavior therapy (DBT) to help kids manage anger, regulate their emotions, handle conflict with peers, and express big feelings in healthier ways.

The Social Rhythm Therapy Workbook for Bipolar Disorder Holly A. Swartz,2024-04-01 Research shows that individuals with bipolar disorder often have dysregulated circadian rhythms, which can lead to worsening mood swings. In *The Social Rhythm Therapy Skills Workbook for Bipolar Disorder*, bipolar and mood disorder expert Holly Swartz offers a fresh approach to help readers stabilize their internal body clock—or biologic clock—to overcome dramatic shifts in mood, and find lasting relief from bipolar symptoms.

Adult Survivors of Toxic Family Members Sherrie Campbell,2022-04-01 For many people, cutting ties with a toxic family member is a crucial step away from a legacy of dysfunction and toward healing and well-being. In *Adult Survivors of Toxic Family Members*, psychologist Sherrie Campbell offers readers effective strategies for setting strong boundaries after ending contact with a toxic family member, and provides powerful tools to help them heal from shame, self-doubt, and stigma.

Healing from Parental Abandonment and Neglect Kaytlyn Gillis,2025-03-01 Survivors of parental abandonment and neglect often struggle with anxiety, self-blame, poor self-esteem, and self-criticism. They may also experience insecurity in relationships, feel unworthy of love, and worry that others will leave them. In this compassionate guide, psychotherapist and family trauma expert Kaytee Gillis helps readers develop a greater awareness of how they were affected by abandonment trauma, and presents powerful strategies to break free from self-blame and shame, trust themselves and those they love, and build a life of connection and empowerment.

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