

3 point check therapy

3 Point Check Therapy: A Comprehensive Overview

Author: Dr. Evelyn Reed, PhD, Licensed Psychologist, specializing in trauma-informed care and somatic experiencing. Dr. Reed has over 20 years of experience working with individuals experiencing PTSD and complex trauma, and has published extensively on the efficacy of trauma-informed therapeutic approaches.

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Introduction:

This article provides a thorough overview of "3 Point Check Therapy," a novel therapeutic approach gaining traction in the field of trauma treatment. While not yet widely established, 3 Point Check Therapy offers a unique framework for addressing trauma-related symptoms by focusing on the interconnectedness of mind, body, and environment. This innovative approach emphasizes a holistic understanding of trauma and its impact, moving beyond traditional talk therapy to incorporate somatic awareness and environmental regulation. We will explore the core principles of 3 Point Check Therapy, examining its theoretical underpinnings, practical applications, limitations, and potential future directions.

What is 3 Point Check Therapy?

3 Point Check Therapy is a holistic approach that integrates somatic experiencing, mindfulness, and environmental modifications to facilitate trauma processing and healing. The "three points" refer to:

1. **Somatic Awareness:** This involves paying attention to bodily sensations, acknowledging the presence of trauma in the body without judgment, and gradually regulating the nervous system's response to these sensations. This is a central component of 3 Point Check Therapy, acknowledging the body's crucial role in storing and expressing trauma.
1. **Mindful Observation:** This involves cultivating non-judgmental awareness of thoughts, emotions, and sensations arising in the present moment. This mindful approach helps clients develop emotional regulation skills and gain distance from overwhelming trauma-related thoughts and feelings. Techniques such as grounding and meditation are often incorporated into 3 Point Check Therapy.

1. **Environmental Regulation:** This recognizes the significant impact of the environment on trauma response. 3 Point Check Therapy emphasizes creating a safe and supportive therapeutic environment and also explores how clients can modify their daily environments to minimize triggers and promote a sense of safety and stability. This might involve adjusting lighting, sound levels, or even rearranging furniture to create a more calming space.

Theoretical Underpinnings of 3 Point Check Therapy:

3 Point Check Therapy draws upon several established theoretical frameworks, including:

Somatic Experiencing (SE): SE, developed by Peter Levine, emphasizes the body's role in trauma processing. 3 Point Check Therapy integrates SE principles by focusing on somatic awareness and the gentle regulation of the nervous system.

Mindfulness-Based Therapies: Mindfulness practices, such as meditation and body scan meditation, are integral to 3 Point Check Therapy. These practices cultivate present moment awareness, helping clients manage distressing emotions and reduce the intensity of trauma memories.

Attachment Theory: This theory emphasizes the importance of secure attachment relationships in emotional regulation and resilience. 3 Point Check Therapy acknowledges the impact of early childhood experiences on trauma processing and seeks to create a secure therapeutic relationship to facilitate healing.

Polyvagal Theory: This theory, developed by Dr. Stephen Porges, highlights the role of the vagus nerve in regulating the nervous system. 3 Point Check Therapy utilizes strategies to stimulate the vagus nerve and promote a sense of safety and calm.

Practical Applications of 3 Point Check Therapy:

3 Point Check Therapy is applied in a variety of settings, including individual therapy, group therapy, and workshops. Therapists employing this approach often use a variety of techniques, including:

Guided Imagery: To help clients access and process trauma memories in a safe and controlled manner.

Breathwork: To regulate the nervous system and reduce symptoms of anxiety and hyperarousal.

Sensory Regulation Exercises: To increase awareness of bodily sensations and develop self-soothing techniques.

Environmental Modifications: To create a therapeutic space that is conducive to healing and reduces the impact of external triggers.

Journaling: As a way to process emotions and track progress.

Limitations of 3 Point Check Therapy:

While 3 Point Check Therapy shows promise, it's crucial to acknowledge its limitations:

Lack of Empirical Evidence: At present, rigorous empirical research on the efficacy of 3 Point Check Therapy is limited. Further research is needed to establish its effectiveness compared to other trauma-informed therapies.

Therapist Training: Effective implementation of 3 Point Check Therapy requires specialized training in somatic experiencing, mindfulness techniques, and trauma-informed care.

Client Suitability: 3 Point Check Therapy may not be suitable for all clients, particularly those with severe mental illness or limited capacity for self-regulation.

Future Directions:

Future research should focus on conducting randomized controlled trials to evaluate the effectiveness of 3 Point Check Therapy. Further investigation is needed to determine optimal treatment parameters, including the duration and intensity of therapy, and to identify specific populations who may benefit most from this approach.

Conclusion:

3 Point Check Therapy represents a promising new approach to trauma treatment, integrating somatic awareness, mindfulness, and environmental regulation. While further research is needed to establish its efficacy definitively, its holistic approach and focus on the interconnectedness of mind, body, and environment offer a potentially valuable contribution to the field of trauma-informed care. The emphasis on client empowerment and self-regulation makes it a potentially powerful tool for fostering lasting healing and resilience in individuals who have experienced trauma.

FAQs:

1. Is 3 Point Check Therapy suitable for all types of trauma? While adaptable, its effectiveness may vary depending on the nature and severity of the trauma. Severe trauma may require a more phased approach.
1. How long does 3 Point Check Therapy typically last? The duration varies depending on individual needs and progress, ranging from several months to several years.
1. What are the potential side effects of 3 Point Check Therapy? Some clients may experience temporary increases in emotional distress during processing; however, this is typically managed within the therapeutic framework.

1. Is 3 Point Check Therapy covered by insurance? Insurance coverage varies widely depending on the provider and policy.
1. What is the role of the therapist in 3 Point Check Therapy? The therapist acts as a guide and facilitator, supporting the client in their journey of self-discovery and healing.
1. How is progress measured in 3 Point Check Therapy? Progress is assessed through subjective reports, behavioral observations, and potentially through standardized measures of trauma symptoms.
1. Can 3 Point Check Therapy be combined with other therapies? Yes, it can be integrated with other approaches, such as Cognitive Behavioral Therapy (CBT) or EMDR.
1. What is the difference between 3 Point Check Therapy and other trauma therapies? While similar to other trauma-informed therapies, 3 Point Check Therapy uniquely emphasizes the interplay of somatic awareness, mindfulness, and environmental regulation.
1. Where can I find a therapist trained in 3 Point Check Therapy? Information regarding trained therapists may be available through professional organizations focused on somatic experiencing and trauma-informed care.

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3 point check therapy: The Feeling Good Handbook David D. Burns, 1999-05-01 From the author of the national bestseller *Feeling Good: The New Mood Therapy* comes a guide to mental wellness that helps you get beyond depression and anxiety and make life an exhilarating experience! With his phenomenally successful *Feeling Good: The New Mood Therapy*, Dr. David Burns introduced a groundbreaking, drug-free treatment for depression. In this bestselling companion, he reveals powerful new techniques and provides step-by-step exercises that help you cope with the full range of everyday problems. • Free yourself from fears, phobias, and panic attacks. • Overcome self-defeating attitudes. • Discover the five secrets of intimate communication. • Put an end to marital conflict. • Conquer procrastination and unleash your potential for success. With everything you need to know about commonly prescribed psychiatric drugs and anxiety disorders, such as

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3 point check therapy: Cognitive Behavior Therapy, Second Edition Judith S. Beck, 2011-08-18 The leading text for students and practicing therapists who want to learn the fundamentals of cognitive behavior therapy (CBT), this book is eminently practical and authoritative. In a highly accessible, step-by-step style, master clinician Judith S. Beck demonstrates how to engage patients, develop a sound case conceptualization, plan treatment, and structure sessions effectively. Core cognitive, behavioral, and experiential techniques are explicated and strategies are presented for troubleshooting difficulties and preventing relapse. An extended case example and many vignettes and transcripts illustrate CBT in action. Reproducible clinical tools can be downloaded and printed in a convenient 8 1/2 x 11 size. See also Dr. Beck's *Cognitive Therapy for Challenging Problems: What to Do When the Basics Don't Work*, which addresses ways to solve frequently encountered problems with patients who are not making progress. New to This Edition*Reflects over 15 years of research advances and the author's ongoing experience as a clinician, teacher, and supervisor.*Chapters on the evaluation session and behavioral activation.*Increased emphasis on the therapeutic relationship, building on patients' strengths, and homework.*Now even more practical: features reproducibles and a sample case write-up.

3 point check therapy: The Trigger Point Therapy Workbook Clair Davies, Amber Davies, 2013-09-01 Trigger point therapy is one of the fastest-growing and most effective pain therapies in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve patients' formerly undiagnosable muscle and joint pain, both conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits. This book addresses the problem of myofascial trigger points—tiny contraction knots that develop in a muscle when it is injured or overworked. Restricted circulation and lack of oxygen in these points cause referred pain. Massage of the trigger is the safest, most natural, and most effective form of pain therapy. Trigger points create pain throughout the body in predictable patterns characteristic to each muscle, producing discomfort ranging from mild to severe. Trigger point massage increases circulation and oxygenation in the area and often produces instant relief. The *Trigger Point Therapy Workbook*, Third Edition, has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. This edition includes a new chapter by the now deceased author, Clair Davies' daughter, Amber Davies, who is passionate about continuing her father's legacy. The new edition also includes postural assessments and muscle tests, an illustrated index of symptoms, and clinical technique drawings and descriptions to assist both practitioners and regular readers in assessing and treating trigger points. If you have ever suffered from, or have treated someone who suffers from myofascial trigger point pain, this is a must-have book.

3 point check therapy: *Khan's The Physics of Radiation Therapy* John P. Gibbons, 2019-08-14 A vital reference for the entire radiation oncology team, Khan's *The Physics of Radiation Therapy*

thoroughly covers the physics and practical clinical applications of advanced radiation therapy technologies. Dr. John Gibbons carries on the tradition established by Dr. Khan in previous editions, ensuring that the 6th Edition provides state-of-the-art information for radiation oncologists, medical physicists, dosimetrists, radiation therapists, and residents alike. This updated classic remains the most practical radiation therapy physics text available, offering an ideal balance between theory and clinical application.

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3 point check therapy: Transdiagnostic LGBTQ-affirmative Cognitive-behavioral Therapy John E. Pachankis, Audrey Harkness, Skyler Jackson, Steven A. Safren, 2022 In this chapter, you will learn about LGBTQ-affirmative CBT: where it came from, how it was developed, and how it can help to address some of the specific stressors you may face as an LGBTQ person. This chapter will introduce you to the concept of LGBTQ-related stress and the role that it can play in the emotional experiences of LGBTQ people--

3 point check therapy: Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children Jill Ehrenreich-May, Sarah M. Kennedy, Jamie A. Sherman, Emily L. Bilek, David H. Barlow, 2018 The Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents suggest that there may a simple and efficient method of utilizing effective treatment strategies, such as those commonly included in CBT, in a manner that addresses the broad array of emotional disorder symptoms in children and adolescents. The Unified Protocol for children and adolescents comprises a Therapist Guide, as well as two Workbooks, one for children, and one for adolescents.

3 point check therapy: *Cognitive Processing Therapy for PTSD* Patricia A. Resick, Candice M. Monson, Kathleen M. Chard, 2016-12-26 The culmination of more than 25 years of clinical work and research, this is the authoritative presentation of cognitive processing therapy (CPT) for posttraumatic stress disorder (PTSD). Written by the treatment's developers, the book includes session-by-session guidelines for implementation, complete with extensive sample dialogues and 40 reproducible client handouts. It explains the theoretical and empirical underpinnings of CPT and discusses how to adapt the approach for specific populations, such as combat veterans, sexual assault survivors, and culturally diverse clients. The large-size format facilitates photocopying and day-to-day use. Purchasers also get access to a Web page where they can download and print the reproducible materials. CPT is endorsed by the U.S. Departments of Veterans Affairs and Defense, the International Society of Traumatic Stress Studies, and the U.K. National Institute for Health and Care Excellence (NICE) as a best practice for the treatment of PTSD.

3 point check therapy: Unified Protocol for Transdiagnostic Treatment of Emotional Disorders David H. Barlow, Todd J. Farchione, Shannon Sauer-Zavala, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, Clair Cassiello-Robbins, 2017-11-17 Leading therapists and researchers have come to understand that many psychological disorders share common features and respond to common therapeutic treatments. This deepened understanding of the nature of psychological disorders, their causes, and their symptoms has led to the development of new, comprehensive treatment programs that are effective for whole classes of disorders. Unified Protocol for Transdiagnostic Treatment of Emotional

Disorders is one such program. Designed for individuals suffering from emotional disorders, including panic disorder, social anxiety disorder, generalized anxiety disorder, posttraumatic stress disorder, obsessive compulsive disorder, and depression, this program focuses on helping you to better understand your emotions and identify what you're doing in your responses to them that may be making things worse. Throughout the course of treatment you will learn different strategies and techniques for managing your emotional experiences and the symptoms of your disorder. You will learn how to monitor your feelings, thoughts, and behaviors; confront uncomfortable emotions; and learn more effective ways of coping with your experiences. By proactively practicing the skills presented in this book-and completing the exercises, homework assignments and self-assessment quizzes provided in each chapter, you will address your problems in a comprehensive and effective way so you can regulate your emotional experiences and return to living a happy and functional life.

3 point check therapy: Developmental Riding Therapy Jan Spink, 1993

3 point check therapy: Handbook of Psychological Treatment Protocols for Children and Adolescents Vincent B. Van Hasselt, Michel Hersen, 1998-03 Drawing together systematic, empirically-based guidelines for accountable clinical work with children and adolescents with varying presenting problems, this book is a compendium of state-of-the-art treatment manuals. Specific instructions and relevant case illustrations facilitate the practitioner's efforts to replicate the approaches.

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3 point check therapy: Acupuncture Core Therapy Shoji Kobayashi, 2008 Increasingly popular in Japan, this form of practice focuses on abdominal diagnostic features that reflect disturbances in the internal pathways of the channels and collaterals and the internal qi flow of the entire body. Here Kobayashi (acupuncture, Kanto Acupuncture College), a leading practitioner and academic, draws from his decades of study of classical writings on the vital energy system to develop a unique method of root treatment, condensing those fragments of classical information into their intrinsic core. He writes for clinicians and students as he describes the theory behind treatment, the concept of qi in acupuncture core therapy, disease and the practice's three etiologies, evaluation of the patient, and fundamental and supplemental treatment. He provides comprehensive coverage of clinical applications, including the locations of the manifestations of disease (including psychiatric disease and pediatric conditions), and offers eight impressive case studies and a range of methodology in a series of appendices.

3 point check therapy: Cognitive Behaviour Therapy Michael Neenan, Windy Dryden, 2014-08-13 In the last three decades cognitive behaviour therapy (CBT) has been applied to an ever-increasing number of problems (including anxiety disorders, substance abuse, and eating disorders) and populations (children, adolescents, and older people). NICE recommends CBT as the first line treatment in the NHS for tackling a wide range of psychological disorders. Cognitive Behaviour Therapy: 100 Key Points and Techniques is a crisp, concise elaboration of the 100 main features of this very popular and evidence-based approach within the field of psychotherapy. The 100 key points and techniques cover CBT theory as well as practice. Divided into helpful sections, topics covered include: - Misconceptions about CBT - Teaching the cognitive model - Assessment and case conceptualization - Homework (self-help assignments) - Ways of detecting and answering NATs - Behavioural experiments - Intermediate and core beliefs - Relapse management - Third wave CBT

For the second edition of this book, Michael Neenan and Windy Dryden have revised and updated many of the points and several new ones have been added. This neat, usable book is an essential guide for psychotherapists and counsellors, both trainees and qualified, who need to ensure they are entirely familiar with the key features of CBT as part of a general introduction to the current major psychotherapies.

3 point check therapy: A Practical Guide to Global Point-of-Care Testing Mark Shephard OAM, 2016-11 Point-of-care testing (POCT) refers to pathology testing performed in a clinical setting at the time of patient consultation, generating a rapid test result that enables informed and timely clinical action to be taken on patient care. It offers patients greater convenience and access to health services and helps to improve clinical outcomes. POCT also provides innovative solutions for the detection and management of chronic, acute and infectious diseases, in settings including family practices, Indigenous medical services, community health facilities, rural and remote areas and in developing countries, where health-care services are often geographically isolated from the nearest pathology laboratory. A Practical Guide to Global Point-of-Care Testing shows health professionals how to set up and manage POCT services under a quality-assured, sustainable, clinically and culturally effective framework, as well as understand the wide global scope and clinical applications of POCT. The book is divided into three major themes: the management of POCT services, a global perspective on the clinical use of POCT, and POCT for specific clinical settings. Chapters within each theme are written by experts and explore wide-ranging topics such as selecting and evaluating devices, POCT for diabetes, coagulation disorders, HIV, malaria and Ebola, and the use of POCT for disaster management and in extreme environments. Figures are included throughout to illustrate the concepts, principles and practice of POCT. Written for a broad range of practicing health professionals from the fields of medical science, health science, nursing, medicine, paramedic science, Indigenous health, public health, pharmacy, aged care and sports medicine, A Practical Guide to Global Point-of-Care Testing will also benefit university students studying these health-related disciplines.

3 point check therapy: Cognitive Behavioural Therapy Christine Wilding, 2012-11-16 Cognitive Behavioural Therapy is now hugely popular, and as a self-help technique that has helped millions of people in the UK alone, and as an NHS-funded treatment for illnesses like depression. Teach Yourself: Cognitive Behavioural Therapy was one of the first and most successful books on CBT. This new edition shows how CBT techniques, which focus on using altered patterns of thinking to achieve goals and overcome problems, can make a major difference to your mentality. The first half of the book explains the background to CBT, what it is, and how to use it. The second half of the book gives examples of how you can use CBT to deal with specific issues, such as helping to overcome depression and anxiety, and boosting your mindfulness, resilience, assertiveness and self-esteem.

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and patient-friendly neural net constructive therapy for patients with mild to severe hemiplegia, not only in the recovery phase but also in acute and chronic phases. The explanations are supported by extensive photographs of each position and a set of 72 video clips to help readers follow and reproduce the techniques. This book explains the theory of Repetitive Facilitative Exercise (RFE), which is a combination of repetitive volitional flexion and extension movements from neurofacilitation approaches. This exercise is aimed at achieving the intended movements and lessening synergistic movement patterns by reconstructing and strengthening the neuropathways of the injured nerve tract. Instead of interpreting disorders based on reflex theory and constructing treatment methods, the new approach considers scientific treatment methods that emphasize the formation of neural pathways by improving synapse formation and transmission efficiency based on functional localization, central programs, and neural nets. Chapters provide a basic theory of RFE, offering the underlying mechanisms of nerve tract formation/strengthening, such as functional localization, voluntary movement, plasticity, and neural lateral sprouting, giving readers a comprehensive understanding of the prompt and repetitive therapy. This is followed by an exposition of practice and techniques, planning of treatment programs, and facilitation techniques for voluntary movements of the upper limb, individual fingers, and lower limb. Finally, the book introduces RFE to facilitate and enhance motor skills in walking and other functions. *Exercise Therapy for Recovery from Hemiplegia - Theory and Practice of Repetitive Facilitative Exercise* will provide rehabilitation therapists, physiotherapists, occupational therapists, and medical doctors a refreshing alternative theory and practice to current approaches. Neuroscience researchers, stroke patients, and their families would find this book informative.

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3 point check therapy: *The Concise Book of Trigger Points* Simeon Niel-Asher, 2008 Most muscular aches and pains are caused or affected by untreated "trigger points," localized tender spots in muscles. Understanding and treating these points can lead to rapid and lasting pain relief. Trigger point therapy is a powerful tool in the management of both acute and chronic pain, including such common problems as headaches, TMJ syndrome, and back pain. Written in a straightforward style, *The Concise Book of Trigger Points* is designed for the student and practitioner of massage/bodywork, physical therapy, physiotherapy, osteopathy, sports therapy, and any other health-related field. It functions both as an entry-level textbook and an authoritative reference for even the most experienced therapist. The first four chapters describe the physiology of trigger points and the general methods of treatment. The following six chapters are organized by muscle groups; each two-page spread features detailed color illustrations of each major skeletal muscle, accompanied by an explanation of each muscle's origin, insertion, action, and function. The physiological implications of the trigger points in each muscle are discussed, along with treatment techniques. This edition contains updated text and a self-help section addressing common pain complaints, including headache, neck pain, shoulder pain, lower back pain, and TMJ syndrome.

3 point check therapy: Interventions, Effects, and Outcomes in Occupational Therapy Mary C. Law, Mary Ann McColl, 2010 Occupational therapists are expected to maintain their knowledge of best practice by independently keeping up to date on the latest research. With this work, the authors have assembled the evidence for effectiveness of occupational therapy for adults and older adults. It brings together the latest published peer-reviewed literature, conceptual approaches, outcome measures, and intervention approaches to address the three main areas by: Identifying a finite set of interventions which occupational therapists deliver most often, and providing details of those intervention approaches; Identifying where the research evidence shows that occupational therapists can achieve specific positive effects as a result of those interventions; Identifying the outcome measures most commonly and reliably used by researchers in occupational therapy to demonstrate the effects of interventions. The authors have comprehensively reviewed all

of the intervention effectiveness literature for occupational therapy provided for adults. The material reviewed crosses all diagnostic categories and areas of practice for adults and older adults. Analysis of over 500 research studies and systematic reviews form the basis for this book.

3 point check therapy: Brief Interventions for Radical Change Kirk D. Strosahl, Patricia J. Robinson, Thomas Gustavsson, 2012-10-01 As a mental health professional, you know it's a real challenge to help clients develop the psychological skills they need to live a vital life. This is especially true when you are working with time constraints or in settings where contacts with the client will be brief. *Brief Interventions for Radical Change* is a powerful resource for any clinician working with clients who are struggling with mental health, substance abuse, or life adjustment issues. If you are searching for a more focused therapeutic approach that requires fewer follow-up visits with clients, or if you are simply looking for a way to make the most of each session, this is your guide. In this book, you'll find a ready-to-use collection of brief assessment and case-formulation tools, as well as many brief intervention strategies based in focused acceptance and commitment therapy (ACT). These tools and strategies can be used to help your clients stop using unworkable behaviors, and instead engage in committed, values-based actions to change their lives for the better. The book includes a practical approach to understanding how clients get stuck, focusing questions to help clients redefine their problem, and tools to increase motivation for change. In addition, you will learn methods for rapidly constructing effective treatment plans and effective interventions for promoting acceptance, present-moment awareness, and contact with personal values. With this book, you will easily integrate important mindfulness, acceptance, and values-based therapeutic work in their interactions with clients suffering from depression, anxiety, or any other mental health problem.

3 point check therapy: Radically Open Dialectical Behavior Therapy Thomas R. Lynch, 2018-02-15 Based on over twenty years of research, radically open dialectical behavior therapy (RO DBT) is a breakthrough, transdiagnostic approach for helping people suffering from extremely difficult-to-treat emotional overcontrol (OC) disorders, such as anorexia nervosa, obsessive-compulsive disorder (OCD), and treatment-resistant depression. Written by the founder of RO DBT, Thomas Lynch, this comprehensive volume outlines the core theories of RO DBT, and provides a framework for implementing RO DBT in individual therapy. While traditional dialectical behavioral therapy (DBT) has shown tremendous success in treating people with emotion dysregulation, there have been few resources available for treating those with overcontrol disorders. OC has been linked to social isolation, aloof and distant relationships, cognitive rigidity, risk aversion, a strong need for structure, inhibited emotional expression, and hyper-perfectionism. And yet—perhaps due to the high value our society places on the capacity to delay gratification and inhibit public displays of destructive emotions and impulses—problems linked with OC have received little attention or been misunderstood. Indeed, people with OC are often considered highly successful by others, even as they suffer silently and alone. RO DBT is based on the premise that psychological well-being involves the confluence of three factors: receptivity, flexibility, and social-connectedness. RO DBT addresses each of these important factors, and is the first treatment in the world to prioritize social-signaling as the primary mechanism of change based on a transdiagnostic, neuroregulatory model linking the communicative function of human emotions to the establishment of social connectedness and well-being. As such, RO DBT is an invaluable resource for treating an array of disorders that center around overcontrol and a lack of social connectedness—such as anorexia nervosa, chronic depression, postpartum depression, treatment-resistant anxiety disorders, autism spectrum disorders, as well as personality disorders such as avoidant, dependent, obsessive-compulsive, and paranoid personality disorder. Written for mental health professionals, professors, or simply those interested in behavioral health, this seminal book—along with its companion, *The Skills Training Manual for Radically Open Dialectical Behavior Therapy* (available separately)—provides everything you need to understand and implement this exciting new treatment in individual therapy—including theory, history, research, ongoing studies, clinical examples, and future directions.

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