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Dbt Skills Training Manual For Adolescents

The National Institute on Drug Abuse (NIDA) reports that six of ten

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individuals with a substance use disorder meet criteria for another mental illness diagnosis. These co-occurring disorders present significant challenges for both chemical dependency and mental health practitioners across levels of treatment intensity. To answer these challenges,

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Dialectical Behavior Therapy (DBT) has emerged as a highly teachable and applicable approach for people with complex co-morbidities. This workbook outlines the acceptance-based philosophies of DBT with straight-forward guidelines for implementing them in Integrated Dual

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Disorder Treatment (IDDT) settings along with comprehensive explanations of DBT skills tailored for those with dual disorders. Includes reproducible handouts Originally developed for the treatment of borderline personality disorder, dialectical behavior therapy, or DBT,

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has rapidly become one of the most popular and most effective treatments for all mental health conditions rooted in out-of-control emotions. However, there are limited resources for psychologists seeking to use DBT skills with individual clients. In the tradition of ACT Made Simple, DBT

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Made Simple provides clinicians with everything they need to know to start using DBT in the therapy room. The first part of this book briefly covers the theory and research behind DBT and explains how DBT differs from traditional cognitive behavioral therapy approaches. The second part focuses

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on strategies professionals can use in individual client sessions, while the third section teaches the four skills modules that form the backbone of DBT: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. The book includes handouts, case examples,

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and example therapist-client dialogue—everything clinicians need to equip their clients with these effective and life-changing skills.

Just think if you had a go-to book that would help solve your toughest challenges when working with troubled teens. Jean Eich, PsyD, was

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searching for such a resource and it didn't exist... "I didn't have and couldn't find a comprehensive, practical source of information for doing DBT with teenagers. And it needed to be something that spoke to therapists, parents and the adolescents as all are involved for

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successful treatment. I wanted a source of information that would include worksheets on DBT written for teenagers and in a way that appeals to them. I also wanted information about how to practically apply DBT with parents and a source of information that I could point parents to. Plus - it

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needed to include something for the professionals to implement DBT, and work with these distinct audiences, as they are related. Not finding what I needed - I wrote one, including all the information I have learned and applied in my own practice.” Introducing - a complete skills training manual for

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DBT with adolescents, focused on practical application for teens, parents and therapists, all in one comprehensive manual. Part One covers DBT for teens with comprehensive and age-relevant skills explanations, examples, and applied worksheets. Each makes the skills real

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for teens with exercises that get them practicing new behaviors in real-life situations. Includes teaching pages for all four DBT skills training modules. Part Two is a dedicated focus to parents with pertinent information on DBT, parenting, and common teenage developmental issues, as well as,

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skills written to get parents using them individually, in connection with their child(ren), and as a part of the family system. This section not only emphasizes that DBT skills can be used for anybody and everybody, but also that parents need to be active and involved for an effective change

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process. Part Three is crafted for therapists, with practical strategies on how to conduct DBT programming, tips to navigate dialectical dilemmas with adolescent developmental tasks and behaviors, and advice to balance therapy with parental involvement. Part Three also contains suggestions

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to teach the skills in active and experiential ways along with helpful sample forms, handouts, and worksheets.

Designed for DBT therapists, eclectic and integrative therapists, and as a self-help guide for people interested in learning DBT skills, the straightforward

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explanations and useful worksheets contained within make DBT skills learning and practice accessible and practical for both skills groups and individual users.

The Handbook of Dialectical Behavior
Therapy

The Dialectical Behavior Therapy

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Skills Card Deck

Dialectical Behavior Therapy with
Suicidal Adolescents

Learning ACT

A Practical Workbook for Therapists,
Teens & Parents

DBT? Skills Training Manual, Second
Edition

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Skills Training Handouts and
Worksheets By Marsha M. Linehan
Preceded by: Skills training manual
for treating borderline personality
disorder / Marsha M. Linehan.
c1993.

Skills Training Manual for Treating

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Borderline Personality Disorder By
Marsha M. Linehan

This second edition is the most
comprehensive and readable DBT
manual available with more skills
than any other DBT book on the
market. Beyond updates to the

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classic skills modules, clients and therapists will be enriched by added modules that include Dialectics, Cognitive Modification, Problem-Solving, and Building Routines as well as all-new, much-needed modules on addictions and social

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media. Designed for DBT therapists, eclectic and integrative therapists, and as a self-help guide for people interested in learning DBT skills, the straightforward explanations and useful worksheets contained within make DBT skills

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learning and practice accessible
and practical for both skills groups
and individual users.

Theory, Research, and Evaluation
A Step-by-Step Guide to Dialectical
Behavior Therapy

The Oxford Handbook of Dialectical

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Behaviour Therapy

DBT for Self-help, and Individual
and Group Treatment Settings

DBT Skills Training Handouts and
Worksheets

A Decision-Making Guide for
Integrative Play Therapists

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Dialectical behavior therapy (DBT) has become a useful treatment for a range of clinical problems and is no longer limited to the treatment of suicidal behaviors or borderline personality disorder. The

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Handbook of Dialectical Behavior Therapy: Theory, Research, and Evaluation reviews the evidence-based literature on use of DBT in a wide range of populations and settings. The book begins with the foundations

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of DBT: its history, development, core principles, mechanisms of change, and the importance of the therapeutic relationship. It also reviews the efficacy of DBT for treatment of suicidal

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behavior, eating disorders, and substance abuse disorders, as well as its use for children, adolescents, and families. A section on clinical settings reviews implementation in schools, college counseling

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centers, and hospitals.
Provides an overview of DBT
including its development,
core principles, and
training Discusses the
importance of the
therapeutic relationship and
alliance in DBT Outlines DBT

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treatment for suicidal
behavior, eating disorders,
and substance use disorders
Includes DBT as treatment
for adolescents and children
Covers DBT implementation in
schools, counseling centers,
and hospitals

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The Radically Open
Dialectical Behavior Therapy
Skills Training Manual
offers a groundbreaking,
transdiagnostic approach for
clients with difficult-to-
treat overcontrol (OC)
disorders, such as anorexia

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nervosa, treatment-resistant depression, and obsessive-compulsive disorder (OCD). Written by the founder of R0-DBT and published for the first time, this manual offers clinicians step-by-step guidance for

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implementing this evidence-based therapy in their practice.

In addition to fresh updates on the classic modules of Mindfulness, Distress Tolerance, Emotion Regulation, and

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Interpersonal Effectiveness, this manual expands skills training into the areas of Dialectics, Shifting Thoughts, Building Routines, Problem- Solving, and Boundaries. Straight-forward explanations and useful

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worksheets make the skills accessible to clients. Practical guidance on clinical policies with program forms help therapists create save and structured treatment environments. Easy to read

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and highly practical, this definitive manual is an invaluable resource for clients and therapists across theoretical orientations.

This book reviews the theoretical underpinnings

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and practice of dialectical behavior therapy, an intervention for treating complex clients, such as suicidal individuals and those with borderline personality disorder.

Practical DBT Exercises for

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Learning Mindfulness,
Interpersonal Effectiveness,
Emotion Regulation, and
Distress Tolerance
The Expanded Dialectical
Behavior Therapy Skills
Training Manual
Radically Open Dialectical

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Behavior Therapy

Practical DBT for Self-help,
and Individual and Group
Treatment Settings

A Contemporary Guide for
Practitioners

A Skills Training Manual
Integrating DBT, ACT,

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Behavioral Activation and
Motivational Interviewing
DBT? Skills Training Manual, Second
Edition Guilford Publications

By a distinguished team of authors, this
workbook offers readers unprecedented
access to the core skills of dialectical

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behavior therapy (DBT), formerly available only through complicated professional books and a small handful of topical workbooks. These straightforward, step-by-step exercises will bring DBT core skills to thousands who need it.

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Validation—recognizing and accepting your child’s thoughts and feelings, regardless of whether or not you feel that your child should be experiencing them—helps children develop a lifelong sense of self-worth. Children who are validated feel reassured that they will

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be accepted and loved regardless of their feelings, while children who are not validated are more vulnerable to peer pressure, bullying, and emotional and behavioral problems. The Power of Validation is an essential resource for parents seeking practical skills for

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validating their child's feelings without condoning tantrums, selfishness, or out-of-control behavior. You'll practice communicating with your child in ways that instantly impact his or her mood and help your child develop the essential self-validating

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skills that set the groundwork for confidence and self-esteem in adolescence and beyond. “...There is valuable advice here. This approach takes mindfulness, patience, and a long-term vision, but parents who are able to help their children trust their emotional

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landscapes will have an easier time of scaffolding to higher reasoning, in addition to more secure relationships with their youngsters. Highly recommended.” —Library Journal, STARRED REVIEW, Rebecca Raszewski, University of Illinois

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Library, Chicago

Informed by the principles and practices of dialectical behavior therapy (DBT), this book presents skills training guidelines specifically designed for participants with cognitive challenges. Clinicians learn how to

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teach core emotion regulation and adaptive coping skills in a framework that promotes motivation and mastery for all learners, and that helps clients apply what they have learned in daily life. The book features ideas for scaffolding learning, a sample 12-week

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group curriculum that can also be used in individual skills training, and numerous practical tools, including 150 reproducible handouts and worksheets. The large-size format facilitates photocopying. Purchasers also get access to a Web page where they can

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download and print the reproducible materials.

DBT Skills Training for Integrated
Dual Disorder Treatment Settings
DBT Skills Training Handouts and
Worksheets, Second Edition
The Power of Validation

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Skills Training Manual for Treating
Borderline Personality Disorder
Development and Practice
Building a Life Worth Living
*With a wealth of practical advice, this
book with accompanying online content
provides a unique play therapy model to*

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encourage therapists to be engaged and flexible during sessions and tailor their approach to the needs of the child.

Through written and visual case studies, it explains how the model can be used to optimize play therapy treatment.

The treatment team is an essential component of dialectical behavior

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therapy (DBT). This much-needed resource from Jennifer H. R. Sayrs and DBT originator Marsha M. Linehan explains how DBT teams work, ways in which they differ from traditional consultation teams, and how to establish an effective team culture. The book addresses the role of the DBT team

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leader; the structure of meetings; the use of DBT strategies within teams; identifying and resolving common team problems; and important functions before, during, and after suicide crises. User-friendly features include end-of-chapter exercises and reproducible handouts and forms. Purchasers get

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access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size.

"From Marsha M. Linehan--the developer of dialectical behavior therapy (DBT)--this comprehensive resource provides vital tools for implementing

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DBT skills training. The teaching notes and reproducible handouts and worksheets used for over two decades by hundreds of thousands of practitioners have been significantly revised and expanded to reflect important research and clinical advances. The book gives complete instructions for orienting

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individuals with a wide range of problems to DBT and teaching them mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills. Handouts and worksheets are not included in the book; purchasers get access to a Web page where they can download and print all the handouts and

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*worksheets discussed in a convenient 8 1/2" x 11" size"--Provided by publisher.
For the average clinician, individuals with borderline personality disorder (BPD) often represent the most challenging, seemingly insoluble cases. This volume is the authoritative presentation of dialectical behavior*

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therapy (DBT), Marsha M. Linehan's comprehensive, integrated approach to treating individuals with BPD. DBT was the first psychotherapy shown in controlled trials to be effective with BPD. It has since been adapted and tested for a wide range of other difficult-to-treat disorders involving emotion

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dysregulation. While focusing on BPD, this book is essential reading for clinicians delivering DBT to any clients with complex, multiple problems.

Companion volumes: The latest developments in DBT skills training, together with essential materials for teaching the full range of mindfulness,

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interpersonal effectiveness, emotion regulation, and distress tolerance skills, are presented in Linehan's DBT Skills Training Manual, Second Edition, and DBT Skills Training Handouts and Worksheets, Second Edition. Also available: Linehan's instructive skills training videos for clients--Crisis

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*Survival Skills: Part One, Crisis Survival
Skills: Part Two, From Suffering to
Freedom, This One Moment, and
Opposite Action.*

*52 Practices to Balance Your Emotions
Every Day
Skills Training Handouts and
Worksheets*

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*Skills Training for Emotional Problem
Solving for Adolescents Dbt Steps-a
Acceptance, Change, and Dialectics
DBT? Skills in Schools
Talking About BPD*

*The first clinical manual of evidence-
based CBT skills for managing
psychological issues associated*

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with chronic pain, drawn from current approaches such as DBT, ACT, and motivational interviewing. The first skills training manual in the field of chronic pain and mental health disorders to provide an integrated session-by-session

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outline that is customizable for clinicians Adaptive and evidence-based - integrates skill sets from DBT, ACT, Behavioral Activation, and Motivational Interviewing to address the unique needs of individual chronic pain sufferers

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Clinicians can import the approach into their work, selecting the most appropriate skills and sessions, or create an entire therapeutic program with the manual as its foundation Includes invaluable measurement and tracking tools for

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*clinicians required to report
outcomes*

*'I am Rosie. I have BPD. I am not
an attention-seeker, manipulative,
dangerous, hopeless, unlovable,
'broken', 'difficult to reach' or
'unwilling to engage'. I am caring,*

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creative, courageous, determined, full of life and love.' Talking About BPD is a positive, stigma-free guide to life with borderline personality disorder (BPD) from award-winning blogger Rosie Cappuccino. Addressing what BPD is, the

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journey to diagnosis and available treatments, Rosie offers advice on life with BPD and shares practical tips and DBT-based techniques for coping day to day. Topics such as how to talk about BPD to those around you, managing relationships

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and self-harm are also explored. Throughout, Rosie shares her own experiences and works to dispel stigma and challenge the stereotypes often associated with the disorder. This much-needed, hopeful guide will offer support,

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understanding, validation and empowerment for all living with BPD, as well as those who support them.

Acceptance and commitment therapy (ACT) is among the most remarkable developments in

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contemporary psychotherapy. This second edition of the pioneering ACT skills-training manual for clinicians provides a comprehensive update—essential for both experienced practitioners and those new to using ACT and its

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applications. ACT is a proven-effective treatment for numerous mental health issues, including depression, anxiety, stress, addictions, eating disorders, schizophrenia, borderline personality disorder, and more.

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With important revisions based on new developments in contextual behavioral science, Learning ACT, Second Edition includes up-to-date exercises and references, as well as material on traditional, evidence-based behavioral techniques for

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use within the ACT framework. In this fully revised and updated edition of Learning ACT, you'll find workbook-format exercises to help you understand and take advantage of ACT's unique six process model—both as a tool for

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diagnosis and case conceptualization, and as a basis for structuring treatments for clients. You'll also find up-to-the-minute information on process coaching, new experiential exercises, an increased focus on

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functional analysis, and downloadable extras that include role-played examples of the core ACT processes in action. By practicing the exercises in this workbook, you'll learn how this powerful modality can improve

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clients' psychological flexibility and help them to live better lives.

Whether you're a clinician looking for in-depth training and better treatment outcomes for individual clients, a student seeking a better understanding of this powerful

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modality, or anyone interested in contextual behavioral science, this second edition provides a comprehensive revision to an important ACT resource.

Filling a tremendous need, this highly practical book adapts the

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proven techniques of dialectical behavior therapy (DBT) to treatment of multiproblem adolescents at highest risk for suicidal behavior and self-injury. The authors are master clinicians who take the reader step by step

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through understanding and assessing severe emotional dysregulation in teens and implementing individual, family, and group-based interventions. Insightful guidance on everything from orientation to termination is

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enlivened by case illustrations and sample dialogues. Appendices feature 30 mindfulness exercises as well as lecture notes and 12 reproducible handouts for "Walking the Middle Path," a DBT skills training module for adolescents and

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their families. Purchasers get access to a Web page where they can download and print these handouts and several other tools from the book in a convenient 8 1/2" x 11" size. See also Rathus and Miller's DBT? Skills Manual for

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Adolescents, packed with tools for implementing DBT skills training with adolescents with a wide range of problems.

An Acceptance and Commitment Therapy Skills Training Manual for Therapists

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*A DBT? -Informed Approach
Cognitive-Behavioral Treatment of
Borderline Personality Disorder
Theory and Practice for Treating
Disorders of Overcontrol
DBT skills training manual
handouts and worksheets*

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*A Stigma-Free Guide to Living a
Calmer, Happier Life with
Borderline Personality Disorder
Dialectical behavior
therapy (DBT) skills have
been demonstrated to be
effective in helping*

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*adolescents manage
difficult emotional
situations, cope with
stress, and make better
decisions. From leading
experts in DBT and school-
based interventions, this*

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*unique manual offers the
first nonclinical
application of DBT skills.
The book presents an
innovative
social?emotional learning
curriculum designed to be*

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*taught at the universal
level in grades 6-12.
Explicit instructions for
teaching the
skills--mindfulness,
distress tolerance,
emotion regulation, and*

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*interpersonal
effectiveness--are
provided in 30 lesson
plans, complete with
numerous reproducible
tools: 99 handouts, a
diary card, and three*

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student tests. The large-size format and lay-flat binding facilitate photocopying; purchasers also get access to a Web page where they can download and print the

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*reproducible materials.
This book is in The
Guilford Practical
Intervention in the
Schools Series, edited by
T. Chris Riley-Tillman.
A definitive new text for*

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*understanding and applying
Dialectical Behavior
Therapy (DBT). Offers
evidence-based yet
flexible approaches to
integrating DBT into
practice Goes beyond*

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*adherence to standard DBT
and diagnosis-based
treatment of individuals
Emphasizes positivity and
the importance of the
client's own voice in
assessing change Discusses*

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*methods of monitoring
outcomes in practice and
making them clinically
relevant Lane Pederson is
a leader in the drive to
integrate DBT with other
therapeutic approaches*

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This handbook is currently in development, with individual articles publishing online in advance of print publication. At this time, we cannot add information

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about unpublished articles in this handbook, however the table of contents will continue to grow as additional articles pass through the review process and are added to the site.

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*Please note that the
online publication date
for this handbook is the
date that the first
article in the title was
published online.*

"Dialectical behavior

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therapy has revolutionized cognitive behavioral therapies with constructs such as mindfulness and acceptance now permeating behavioral approaches. Adolescents differ from

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adult clients with regard to emotional and cognitive developmental level and context: they overwhelmingly attend school, and reside with their families and depend

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*on them for daily
functioning, including for
getting to therapy. Thus,
we considered
developmentally relevant
as well as family-based
targets, cognitive*

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processing and capability differences, distinct liability issues, and interventions with their environments. Our adapted adolescent skills handouts are being used in multiple

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research settings; many clinical settings around the world employ some version of our materials. The publication of this manual makes them more widely available along

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*with group management
strategies and skills
teaching notes to assist
the DBT skills trainer
working with
adolescents" - -*

The Dialectical Behavior

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*Therapy Skills Workbook
DBT for Self-Help and
Individual & Group
Treatment Settings
DBT Skills Training Manual
Play Therapy Dimensions
Model*

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DBT Made Simple

A Practical Guide

***Featuring more than 225
user-friendly handouts and
worksheets, this is an
essential resource for
clients learning***

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***dialectical behavior
therapy (DBT) skills, and
those who treat them. All
of the handouts and
worksheets discussed in
Marsha M. Linehan's DBT
Skills Training Manual,***

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Second Edition, are provided, together with brief introductions to each module written expressly for clients. Originally developed to treat borderline

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***personality disorder, DBT
has been demonstrated
effective in treatment of
a wide range of
psychological and
emotional problems. No
single skills training***

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program will include all of the handouts and worksheets in this book; clients get quick, easy access to the tools recommended to meet their particular needs. The 8

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1/2" x 11" format and spiral binding facilitate photocopying. Purchasers also get access to a Web page where they can download and print additional copies of the

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***handouts and worksheets.
Mental health
professionals, see also
the author's DBT Skills
Training Manual, Second
Edition, which provides
complete instructions for***

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***teaching the skills. Also
available: Cognitive-
Behavioral Treatment of
Borderline Personality
Disorder, the
authoritative presentation
of DBT, and Linehan's***

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***instructive skills
training videos for
clients--Crisis Survival
Skills: Part One, Crisis
Survival Skills: Part Two,
From Suffering to Freedom,
This One Moment, and***

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Opposite Action.

Filled with vivid clinical vignettes and step-by-step descriptions, this book demonstrates the nuts and bolts of dialectical behavior therapy (DBT).

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DBT is expressly designed for--and shown to be effective with--clients with serious, multiple problems and a history of treatment failure. The book provides an

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***accessible introduction to
DBT while enabling
therapists of any
orientation to integrate
elements of this evidence-
based approach into their
work with emotionally***

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***dysregulated clients.
Experienced DBT clinician
and trainer Kelly Koerner
clearly explains how to
formulate individual
cases; prioritize
treatment goals; and***

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***implement a skillfully
orchestrated blend of
behavioral change
strategies, validation
strategies, and
dialectical strategies.
See also Dialectical***

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***Behavior Therapy in
Clinical Practice, Second
Edition: Applications
across Disorders and
Settings, edited by Linda
A. Dimeff, Shireen L.
Rizvi, and Kelly Koerner,***

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*which presents exemplary
DBT programs for specific
clinical problems and
populations.*

*Marsha Linehan tells the
story of her journey from
suicidal teenager to world-*

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renowned developer of the life-saving behavioral therapy DBT, using her own struggle to develop life skills for others. "This book is a victory on both sides of the page."—Gloria

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Steinem “Are you one of us?” a patient once asked Marsha Linehan, the world-renowned psychologist who developed Dialectical Behavior Therapy. “Because if you were, it would give

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*all of us so much hope.”
Over the years, DBT had
saved the lives of
countless people fighting
depression and suicidal
thoughts, but Linehan had
never revealed that her*

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pioneering work was inspired by her own desperate struggles as a young woman. Only when she received this question did she finally decide to tell her story. In this

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remarkable and inspiring memoir, Linehan describes how, when she was eighteen years old, she began an abrupt downward spiral from popular teenager to suicidal young woman.

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After several miserable years in a psychiatric institute, Linehan made a vow that if she could get out of emotional hell, she would try to find a way to help others get out of

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*hell too, and to build a
life worth living. She
went on to put herself
through night school and
college, living at a YWCA
and often scraping
together spare change to*

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*buy food. She went on to
get her PhD in psychology,
specializing in behavior
therapy. In the 1980s, she
achieved a breakthrough
when she developed
Dialectical Behavioral*

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Therapy, a therapeutic approach that combines acceptance of the self and ways to change. Linehan included mindfulness as a key component in therapy treatment, along with

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original and specific life-skill techniques. She says, "You can't think yourself into new ways of acting; you can only act yourself into new ways of thinking." Throughout her

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extraordinary scientific career, Marsha Linehan remained a woman of deep spirituality. Her powerful and moving story is one of faith and perseverance. Linehan shows, in Building

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*a Life Worth Living, how
the principles of DBT
really work—and how, using
her life skills and
techniques, people can
build lives worth living.
The key to flexible,*

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***skillful decision making
in dialectical behavior
therapy (DBT) lies in
understanding the
connections between moment-
to-moment clinical
strategies and core***

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***principles. This lucid
guide from leading DBT
authority Charles R.
Swenson offers clinicians
a compass for navigating
challenging clinical
situations and moving***

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*therapy forward--even when
change seems impossible.
Numerous vivid case
examples illustrate DBT in
action and show how to use
skills and strategies that
flow directly from the*

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fundamental paradigms of acceptance, change, and dialectics. Clinicians gain knowledge and confidence for meeting the complex needs of each client while implementing

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DBT with fidelity.

A Memoir

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Tolerance

***DBT? Skills Manual for
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***Arming Your Child Against
Bullying, Peer Pressure,
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***Dbt for Self-help and
Individual & Group
Treatment Settings
A Clinician's Guide for
Treating Disorders of
Overcontrol
A clear and effective***

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*approach to learning
evidence-based DBT
skills—now in a fully
revised and updated second
edition. Do you have
trouble managing your
emotions? First developed*

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*by Marsha M. Linehan for
treating borderline
personality disorder,
dialectical behavior
therapy (DBT) has proven
effective as treatment for
a range of other mental*

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health problems, and can greatly improve your ability to handle distress without losing control and acting destructively. However, to make use of these techniques, you need

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*to build skills in four
key areas: distress
tolerance, mindfulness,
emotion regulation, and
interpersonal
effectiveness. The
Dialectical Behavior*

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Therapy Skills Workbook, a collaborative effort from three esteemed authors, offers evidence-based, step-by-step exercises for learning these concepts and putting them to work

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*for real and lasting
change. Start by working
on the introductory
exercises and, after
making progress, move on
to the advanced-skills
chapters. Whether you're a*

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*mental health professional
or a general reader,
you'll benefit from this
clear and practical guide
to better managing your
emotions. This fully
revised and updated second*

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edition also includes new chapters on cognitive rehearsal, distress tolerance, and self-compassion. Once you've completed the exercises in this book and are ready to

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*move on to the next level,
check out the authors' new
book, The New Happiness
Workbook.*

*"Featuring more than 225
user-friendly handouts and
worksheets, this is an*

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*essential resource for
clients in dialectical
behavior therapy (DBT)
skills training groups or
individual therapy. All of
the handouts and
worksheets discussed in*

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*Originally developed to
treat borderline
personality disorder, DBT
has been demonstrated
effective in treatment of
a wide range of
psychological and*

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emotional problems.

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access to all needed
handouts or worksheets as
they work to build
mindfulness, interpersonal
effectiveness, emotion*

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regulation, and distress tolerance skills. The large-size format and spiral binding facilitate photocopying. Purchasers also get access to a Web page where they can

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*download and print
additional copies of the
worksheets. Mental health
professionals, see also
the author's DBT Skills
Training Manual, Second
Edition, which provides*

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*complete instructions for
teaching the skills. Also
available: Cognitive-
Behavioral Treatment of
Borderline Personality
Disorder, the
authoritative presentation*

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*of DBT, and instructive
videos for clients--Crisis
Survival Skills: Part One,
Crisis Survival Skills:
Part Two, From Suffering
to Freedom, This One
Moment, and Opposite*

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*Action (all featuring
Linehan), and DBT at a
Glance: An Introduction to
Dialectical Behavior
Therapy (featuring Shari
Y. Manning and Tony
DuBose) "--*

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*Radically open dialectical
behavior therapy (RO DBT)
is a groundbreaking,
transdiagnostic treatment
model for clients with
difficult-to-treat
overcontrol (OC)*

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*disorders, such as
anorexia nervosa, chronic
depression, and obsessive-
compulsive disorder (OCD).
Written by the founder of
RO DBT, Thomas Lynch, this
is the first and only*

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*session-by-session
training manual to help
you implement this
evidence-based therapy in
your practice. As a
clinician, you're familiar
with dialectical*

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*behavioral therapy (DBT)
and its success in
treating clients with
emotion dysregulation
disorders. But what about
clients with overcontrol
disorders? OC has been*

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*linked to social
isolation, aloof and
distant relationships,
cognitive rigidity, risk
aversion, a strong need
for structure, inhibited
emotional expression, and*

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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

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impulses—problems linked with OC have received little attention or been misunderstood. Indeed, people with OC are often considered highly successful by others, even

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*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,*

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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*

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*change based on a
transdiagnostic,
neuroregulatory model
linking the communicative
function of human emotions
to the establishment of
social connectedness and*

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*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*

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*anorexia nervosa, chronic
depression, postpartum
depression, treatment-
resistant anxiety
disorders, autism spectrum
disorders, as well as
personality disorders such*

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*as avoidant, dependent,
obsessive-compulsive, and
paranoid personality
disorder. In this training
manual, you'll find an
outline of RO DBT,
including history,*

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research, and how it differs from traditional DBT. You'll also find a session-by-session RO DBT outpatient treatment protocol, with sections that outline the weekly,

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*one-hour individual
therapy sessions and
weekly two-and-a-half hour
skills training classes
that occur over a period
of approximately thirty
weeks. This includes*

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*instructor guidelines and
user-friendly worksheets.
The feasibility,
acceptability, and
efficacy of RO DBT is
evidence-based and
informed by over twenty*

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*years of translational
treatment development
research. This important
manual—along with its
companion book, Radically
Open Dialectical Behavior
Therapy (available*

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separately), distills the essential components of RO DBT into a workable program you can start using right away to improve treatment outcomes for clients suffering with

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OC.

*Based on over twenty years
of research, radically
open dialectical behavior
therapy (RO DBT) is a
breakthrough,
transdiagnostic approach*

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*for helping people
suffering from extremely
difficult-to-treat
emotional overcontrol (OC)
disorders, such as
anorexia nervosa,
obsessive-compulsive*

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*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*

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*provides a framework for
implementing RO DBT in
individual therapy. While
traditional dialectical
behavioral therapy (DBT)
has shown tremendous
success in treating people*

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*with emotion
dysregulation, there have
been few resources
available for treating
those with overcontrol
disorders. OC has been
linked to social*

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isolation, aloof and distant relationships, cognitive rigidity, risk aversion, a strong need for structure, inhibited emotional expression, and hyper-perfectionism. And

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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

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and alone. RO DBT is based on the premise that psychological well-being involves the confluence of three factors: receptivity, flexibility, and social-connectedness.

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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

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*transdiagnostic,
neuroregulatory model
linking the communicative
function of human emotions
to the establishment of
social connectedness and
well-being. As such, RO*

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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

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*depression, postpartum
depression, treatment-
resistant anxiety
disorders, autism spectrum
disorders, as well as
personality disorders such
as avoidant, dependent,*

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*obsessive-compulsive, and
paranoid personality
disorder. Written for
mental health
professionals, professors,
or simply those interested
in behavioral health, this*

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*seminal book—along with
its companion, The Skills
Training Manual for
Radically Open Dialectical
Behavior Therapy
(available
separately)—provides*

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*everything you need to
understand and implement
this exciting new
treatment in individual
therapy—including theory,
history, research, ongoing
studies, clinical*

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*examples, and future
directions.*

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Therapy*

*Dialectical Behavior
Therapy Skills Training
with Adolescents*

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worksheets, this is an essential resource for clients in dialectical behavior therapy (DBT) skills training groups or individual therapy. All of the handouts and worksheets discussed in Marsha M. Linehan's DBT Skills Training

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Manual, Second Edition, are provided, together with brief introductions to each module written expressly for clients. Originally developed to treat borderline personality disorder, DBT has been demonstrated

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effective in treatment of a wide range of psychological and emotional problems. Clients get quick, easy access to all needed handouts or worksheets as they work to build mindfulness, interpersonal effectiveness,

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emotion regulation, and distress tolerance skills. The large-size format and spiral binding facilitate photocopying. Purchasers also get access to a Web page where they can download and print additional copies of the

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worksheets. Mental health professionals, see also the author's DBT Skills Training Manual, Second Edition, which provides complete instructions for teaching the skills. Also available: Cognitive-Behavioral

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*Treatment of Borderline
Personality Disorder, the
authoritative presentation of DBT,
and instructive videos for
clients--Crisis Survival Skills: Part
One, Crisis Survival Skills: Part
Two, From Suffering to Freedom,*

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Action (all featuring Linehan), and
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Tony DuBose).*

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DBT Teams

*The Emotion Regulation Skills
System for Cognitively
Challenged Clients*

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