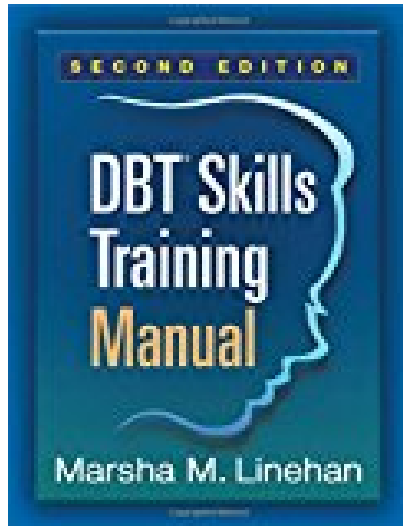


DBT® Skills Training Manual Second Edition



BOOK DETAILS

- Author : Marsha M. Linehan PhD ABPP
- Pages : 504 Pages
- Publisher : The Guilford Press
- Language : English
- ISBN : 1462516998



BOOK SYNOPSIS

From Marsha M. Linehan--the developer of dialectical behavior therapy (DBT)--this comprehensive resource provides vital tools for implementing DBT skills training. The reproducible teaching notes, 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 clients to DBT, plus teaching notes for the full range of 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 worksheets discussed, as well as the teaching notes. The companion volume is available separately: *DBT® Skills Training Handouts and Worksheets, Second Edition*. New to This Edition *Handouts and worksheets (available online and in the companion volume) have been completely revised and dozens more added--more than 225 in all. *Each module has been expanded with additional skills. *Multiple alternative worksheets to tailor treatment to each client. *More extensive reproducible teaching notes (provided in the book and online), with numerous clinical examples. *Curricula for running skills training groups of different durations and with specific populations, such as adolescents and clients with substance use problems. *Linehan provides a concise overview of "How to Use This Book." See also *DBT® Skills Training Handouts and Worksheets, Second Edition*, a spiral-bound 8 1/2" x 11" volume containing all of the handouts and worksheets and featuring brief introductions to each module written expressly for clients. Plus, *Cognitive-Behavioral Treatment of Borderline Personality Disorder*, the authoritative presentation of DBT. Also available: Linehan's instructive skills training videos for clients--*Crisis Survival Skills: Part One*, *Crisis Survival Skills: Part Two*, *From Suffering to Freedom*, *This One Moment*, and *Opposite Action*.

DBT® SKILLS TRAINING MANUAL SECOND EDITION - Are you looking for Ebook *DBT® Skills Training Manual Second Edition*? You will be glad to know that right now *DBT® Skills Training Manual Second Edition* is available on our online library. With our online resources, you can find *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. *DBT® Skills Training Manual Second Edition* may not make exciting reading, but *Applied Numerical Methods With Matlab Solution Manual 3rd Edition* is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with *DBT® Skills Training Manual Second Edition* and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with *DBT® Skills Training Manual Second Edition*. To get started finding *DBT® Skills Training Manual Second Edition*, you are right to find our website which has a comprehensive collection of manuals listed.