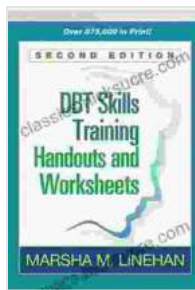


DBT Skills Training Handouts and Worksheets, Second Edition: A Practical Guide to Learning Dialectical Behavior Therapy



DBT Skills Training Handouts and Worksheets, Second Edition by Marsha M. Linehan

★★★★☆ 4.7 out of 5

Language : English

File size : 5952 KB

Screen Reader : Supported

Print length : 422 pages



About the Book

DBT Skills Training Handouts and Worksheets, Second Edition is a practical guide to learning dialectical behavior therapy (DBT), a type of therapy that has been shown to be effective in treating a variety of mental health conditions, including borderline personality disorder, depression, and anxiety. The book includes over 100 handouts and worksheets that can be used by therapists and clients to teach and practice DBT skills.

The handouts and worksheets are divided into four modules:

- Core mindfulness skills
- Interpersonal effectiveness skills
- Emotion regulation skills

- Distress tolerance skills

Each module includes handouts that explain the skills, as well as worksheets that can be used to practice the skills. The book also includes a glossary of terms and a list of resources for further learning.

About the Author

Marsha M. Linehan is a professor of psychology at the University of Washington and the developer of dialectical behavior therapy. She has authored over 20 books and 100 articles on DBT, and she has trained thousands of therapists in the use of DBT.

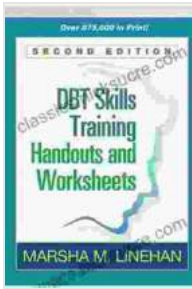
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“DBT Skills Training Handouts and Worksheets, Second Edition is an essential resource for therapists and clients who are learning or using DBT. The handouts and worksheets are clear, concise, and easy to use, and they provide a comprehensive overview of DBT skills.” — ***Journal of Clinical Psychology***

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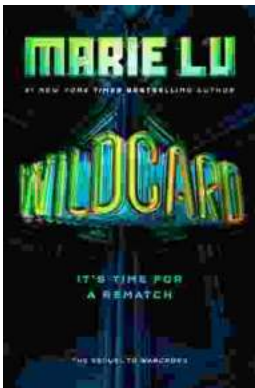
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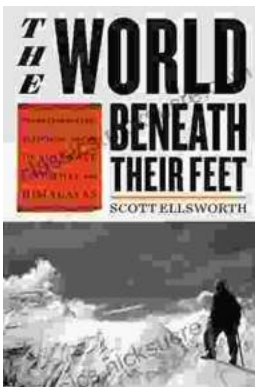
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