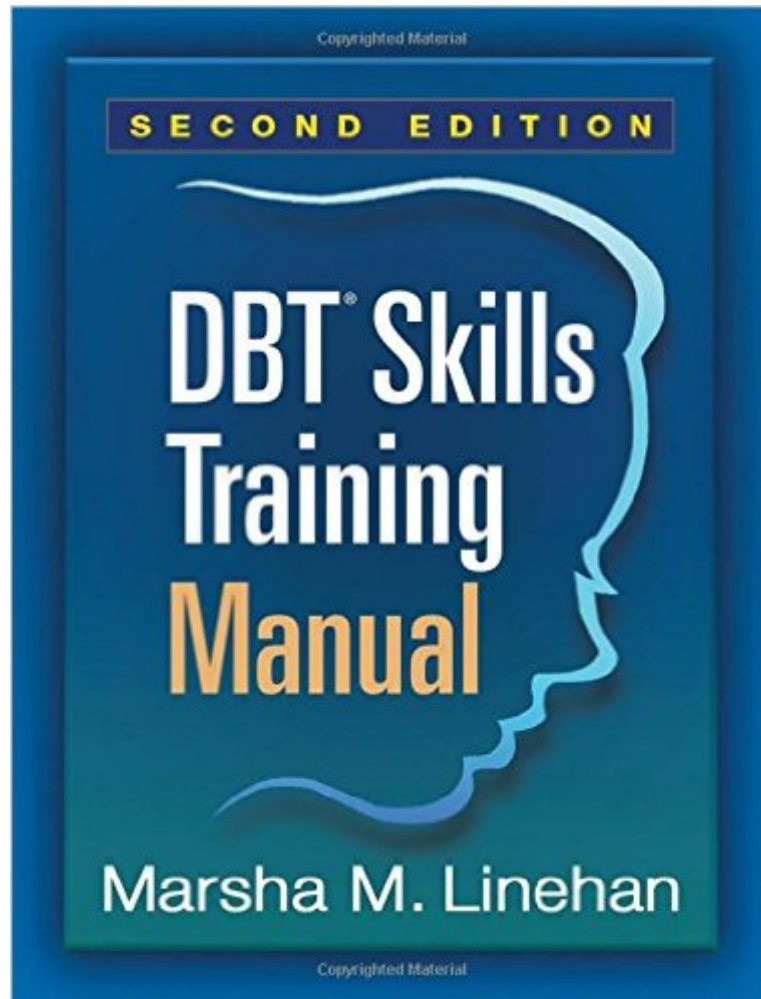


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# DBT® Skills Training Manual, Second Edition



## 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." Â 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. Other related DBT videos: DBT at a Glance: An Introduction to Dialectical Behavior Therapy, DBT at a Glance: The Role of the Psychiatrist on the DBT Team, and Getting a New Client Connected to DBT (Complete Series). Â

## Book Information

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## Customer Reviews

This book looks thorough and well written, however it's obviously written for therapists and those running DBT groups. It tells the reader exercises to use during groups and sessions and how to deal with clients in various situations. If you are using DBT as a way to heal and learn skills, this book will be overwhelming and way more than you are needing. If you're a provider it looks amazing. I also bought the new "DBT Skills Training Handouts and Worksheets" spiral bound book by Dr. Linehan. It's much more what I was hoping for. It includes pages I can work through in group and on my own. I also really like "You Untangled" by Amy Tibbets as a good book to help learn skills without being overwhelmed.

The new skills in this manual were worth waiting for. One request though, please, please, please activate the text-to-speech option for this book. Perhaps it was an oversight by the publisher, but there is no reason to have this option disabled. I am dyslexic and I appreciate the depth of understanding I am able to achieve when reading and listening simultaneously. For me the text-to-speech is a necessary accommodation and not a luxury.

The content here speaks for itself. Marsha Linehan's work has been important to many people, and I was really looking forward to having the latest versions of her work as ebooks for reference. The kindle version is a major problem on both my devices though (Ipad4 running IOS8, and Samsung S4 android smart phone -- both with kindle app). The book isn't really an ebook at all; it's like a very clean scan of a printed book, with set page breaks and two columns of text. At best, you can either see a whole page (on an ipad in portrait orientation), then zoom in the way you would with a photo to read part of that page. You cannot change text size or spacing, nor does the text wrap to fit the screen. This makes reading uncomfortable on a tablet and pretty much impossible on a smart phone -- unlike basically every other ebook in existence. No idea why they did this, but it's a dealbreaker for sure. The book was not cheap, and luckily I already had a print version. This really needs to be fixed -- it's as if the publisher doesn't understand the concept of kindle at a really basic

level . . .

This manual and the accompanying handouts and worksheets are exceptional. The research that Dr. Linehan documents for each skill is thorough, which is typical of her work overall. It gives me as a clinician confidence in the work I am doing with my clients, knowing that she thought out each skill and can demonstrate how and why it works to bring our clients to the "Life Worth Living" she has always sought for them. Thank you, Marsha, for the meticulous work you have done on behalf of our clients. We thank you, and our clients thank you!

should not allow publishers to market PDF galley's of their books as e-books. The lines of text in this book does NOT reformat themselves to fit on mobile screens, so you have to scroll back and forth horizontally to read every line. Useless, ridiculous. It's not an e-book, it's basically just pictures of a print book. I want a refund.

I have been using the first edition of the DBT Skills training manual since my intensive training six years ago. The second edition is full of new and updated DBT information including empirically based adaptations and teaching notes. I find it very informative and helpful. Strongly recommended.

Best book in the field for DBT skills. Great for patient and clinician work as one (includes instructions for clinician and explanations for patient). Great!

This is fantastic - it is as good as the first skills training manual of many years ago (red cover) was hard to use. This is absolutely packed full of information, tips, guidance, and more - it will probably take me a year to get through it, but every page has something I can use. And once you buy it, you can download all the handouts and worksheets for free. (I bought the spiral-bound handouts book first, before I realized that this was really the book I was looking for. don't spend your money on that one, unless you're a group participant and want it all in one place. If you're a therapist or leader, it's much easier to copy the worksheets and handouts if they're NOT spiral bound.)

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