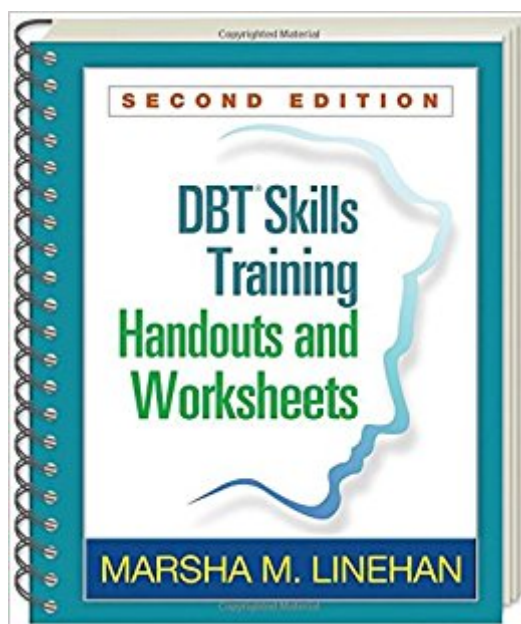


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# DBT® Skills Training Handouts And Worksheets, Second Edition



## Synopsis

Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients learning dialectical behavior therapy (DBT) skills, and those who treat them. All of the handouts and worksheets discussed in Marsha M. Linehan's DBT<sup>®</sup> Skills Training 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 effective in treatment of a wide range of psychological and emotional problems. No single skills training 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 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 handouts and worksheets. Mental health professionals, see also the author's DBT<sup>®</sup> Skills Training Manual, Second Edition, which provides complete instructions for teaching the skills. Also available: Cognitive-Behavioral Treatment of Borderline Personality Disorder, the authoritative presentation of DBT, and 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.

## Book Information

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“DBT skills are useful not only for individuals who suffer from persistent emotion regulation difficulties, but also for individuals in extreme circumstances and people who have ordinary problems. This updated manual provides the flexibility within fidelity in teaching these skills that practitioners and treatment adopters need. New, improved, expanded, and much clearer skills—they are all here! Skills trainers and their clients will benefit from Linehan and her colleagues’ decades of systematic research and time spent developing, testing, and refining these skills, empowering practitioners to confidently offer multiple ways of understanding and practicing new behavior. Experienced skills trainers will notice the evolved richness and depth, while the explanations and teaching points will provide new trainers and students with an excellent foundation for skills training with both adults and adolescents. Providing a solid evidence-based foundation for core clinical training curricula, the manual and accompanying volume of handouts and worksheets will be essential across the mental health disciplines.”—André Ivanoff, PhD, Columbia University School of Social Work “Linehan’s pioneering work has guided many—myself included—to incorporate mindfulness into compassionate clinical care in a structured format. The second edition of Linehan’s DBT skills training manual and the companion volume of handouts and worksheets reflect two additional decades of wisdom and innovation, further bolstering these indispensable resources.”—Zindel V. Segal, PhD, Distinguished Professor of Psychology in Mood Disorders, University of Toronto-Scarborough, Canada “Skills such as mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance are invaluable for those working to overcome complex problems. DBT offers an especially effective way to learn these skills. I highly recommend this book of worksheets and handouts and the companion manual for therapists.”—Judith S. Beck, PhD, President, Beck Institute for Cognitive Behavior Therapy “Along with Marsha Linehan’s customary and distinctive authority, zeal, and wisdom, her new editions offer more detail and specificity, and new clinical pearls. Even those who are already familiar with DBT will be impressed by the evidence of its maturation and expansion, while for those who are wanting to learn DBT, these books offer the organization, clarity, and readability that will make learning a pleasure.”—John Gunderson, MD, Director, Center for

the Treatment of Borderline Personality Disorder, McLean Hospital, Harvard Medical School "DBT is a proven evidence-based treatment that combines the best of our science with the knowledge and compassion of Marsha Linehan--an exceptional researcher and clinician whose innovative work has advanced the field and shifted many individuals from lives of suffering to lives of hope. These outstanding second editions offer guidance on how to implement DBT skills training, while providing the tools needed to deliver this state-of-the-art treatment. They will stand as the authoritative guides for teaching DBT skills, partnering with clients to build lives worth living, and helping us to address our national and international priorities of saving millions of lives lost to suicide worldwide. These 'must-have' books belong on the shelves of every clinician and will be valuable course texts."--Joan Rosenbaum Asarnow, PhD, Department of Psychiatry and Biobehavioral Sciences, University of California, Los Angeles "Since its introduction to the literature over two decades ago, Marsha M. Linehan's skills training manual has revolutionized the treatment of individuals with borderline personality disorder, and also the practice of psychotherapy in general. Now in a second edition, the manual and accompanying volume of handouts and worksheets provides clinicians, educators, students, and patients with a resource that can guide even novice clinicians to become more effective and knowledgeable in treating our field's most challenging cases. Of interest to the psychoanalytically informed reader, the second edition has elaborated DBT's attention to interpersonal concerns, with robust consideration of interpersonal dynamics replacing the approach to enhancing effectiveness presented in the prior edition."--Lois W. Choi-Kain, MD, MEd, Director, Gunderson Residence of McLean Hospital; Director, McLean Borderline Personality Disorders Training Institute; and Department of Psychiatry, Harvard Medical School "Marsha Linehan is a pioneering and well-respected researcher and clinician. Dialectical behavior therapy (DBT) has become a therapy of choice for BPD since the publication of her first manual in 1993. DBT has been recommended in guidelines of the English National Institute for Clinical Excellence (NICE). Ideal for therapists, trainers, and students, the manual can now show the extent to which theory is underpinned by research on outcomes, quoting studies conducted since the publication of the first edition. The research base now includes core skills training for a variety of disorders and not only for those with a diagnosis of BPD and suicide risk. This makes the manual relevant to therapists treating varied clinical and non-clinical populations. The skills for helping clients with emotion regulation and distress tolerance should be in the repertoire of every mental health practitioner and addictions worker. There is a wealth of material in these manuals, now that over 20 years the skills have been tried, tested and refined by Linehan and her colleagues and made accessible to all. Trainers will find that the teaching points in the training

manual are clear, with more practical examples cited and an excellent foundation for students. The rationale for emphasizing particular behavioral skills is given as well as an explanation of how to use the material with clients. The training skills manual, along with the handout and worksheet volume are valuable resources for practicing clinicians in the field of mental health and addictions, whether or not DBT is their main orientation. (Alcohol and Alcoholism 2015-05-01) "This is an essential resource for clients learning dialectical behavior therapy (DBT) skills, and those who treat them. The book offers quick, easy access to all needed handouts or worksheets for building mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills. There is an astonishing array of material contained in this 400-plus page book. The ease with which these handouts will facilitate DBT makes it an essential part of treatment and extremely valuable for the nominal cost. \*\*\*\*\*" (Doody's Review Service 2015-07-21)

Marsha M. Linehan, PhD, ABPP, the developer of dialectical behavior therapy (DBT), is Professor of Psychology and of Psychiatry and Behavioral Sciences and Director of the Behavioral Research and Therapy Clinics at the University of Washington. Her primary research interest is in the development and evaluation of evidence-based treatments for populations with high suicide risk and multiple, severe mental disorders. Dr. Linehan's contributions to suicide research and clinical psychology research have been recognized with numerous awards, including the 2017 University of Louisville Grawemeyer Award for Psychology and the 2016 Career/Lifetime Achievement Award from the Association for Cognitive and Behavioral Therapies. She is also a recipient of the Gold Medal Award for Life Achievement in the Application of Psychology from the American Psychological Foundation and the James McKeen Cattell Award from the Association for Psychological Science. In her honor, the American Association of Suicidology created the Marsha Linehan Award for Outstanding Research in the Treatment of Suicidal Behavior. She is a Zen master and teaches mindfulness and contemplative practices via workshops and retreats for health care providers.

As a therapist for the past 22 years, and the owner of over 500 books relating to the profession, I can easily say this is one of the most valuable books in my library. I've used it numerous times in the last 6 weeks since I ordered it, and not just for clients with Borderline Personality Disorder. If you are the owner of Linehan's original Skills Training Manual (1993) and found it not terribly user-friendly, you will be pleasantly surprised at how attractive, clear and useful the new handouts

and worksheets are. ONE BIG CAVEAT, however - the book's listing says that both handouts and worksheets are downloadable - a large reason why I bought the book. However, this is not true; I was only able to download the worksheets, and despite a number of emails with Guilford, who did seem to be trying to be helpful, I was unable to resolve this problem. They do claim that if you buy the textbook DBT Skills Training Manual, Second Edition, you can download the handouts as well from the website listed in that book. If I had known that, I would have bought the textbook, even for the higher price. It is a pain to have to singly photocopy the handouts that I wish to share with a client...

It was a long wait for the revised manual and I haven't used most of the worksheets left, but from what I've seen, this is a fantastic toolbox for any therapist. So far I've really enjoyed the mindfulness practice exercises, and the worksheets on addiction. Finding less destructive ways to rebel sounds like a good idea. Bravo, Marsha Linehan!

This literature was recommended to me by a good friend but also my counselor. I have begun reading the book and starting to apply its teachings. The format of this literature is clearly written and easy to comprehend. I highly suggest this book to those who have anxiety to even trying to find mere balance in one's life or issues with a particular relationship. As I continue reading and applying the teachings from this book, I will update my review. In regards to the physical condition, I purchased the workbook new and it arrived in a matter of 2 days with no damage to the book; however, the envelope it was shipped in was opened when I received it. Luckily nothing was missing or damaged.

Marsha Linehan has done an amazing job at developing a DBT program that will help build coping skills to be able to manage emotions, chronic illness, anxiety, depression, PTSD and so much more. I went through this entire program and it changed my life, and now I am in school to be certified therapist and then will work toward my certification in this program. I highly recommend this for anyone who is suffering anxiety, depression, PTSD, chronic pain, mental illness, PTSD, grief and more. In fact I think these skills should be taught in high schools.

After being in DBT for 4 months, I finally got fed up with the loose handouts that our instructors gave us. I was told there was a manual for \$25 on and bought it that night. Great addition to my DBT classes which is also chock full of additional materials that aren't able to be covered in class. One

drawback for me though was trying to find the exact handouts in the book. At first glance it didn't appear to be very well organized and was super confusing. After using it a couple times, I understand the way it's laid out and it's great. I'm glad I purchased the book. All the people in my class are envious :)

This is an absolute must-have if you are studying DBT. If you or anyone in your life has been diagnosed with BPD, having the skills developed by Dr. Linehan and found in this workbook are priceless. Actually, these skills should really be a part of everyone's education, no matter your mental health! Book arrived quickly and in perfect condition. Thank you.

Our son was diagnosed with Bi-polar disorder and in and out of inpatient treatment twice. We signed up for a DBT Skills group and therapy as a last resort, and are very GLAD we did. The book and skills taught literally saved our son's life. Buy the book. Sign up for a class. Change your life.

Great, but don't use as a patient without talking with a professional. It's a bit convoluted and complicated, because they're worksheets designed to be used with a professional and a program. Thanks.

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