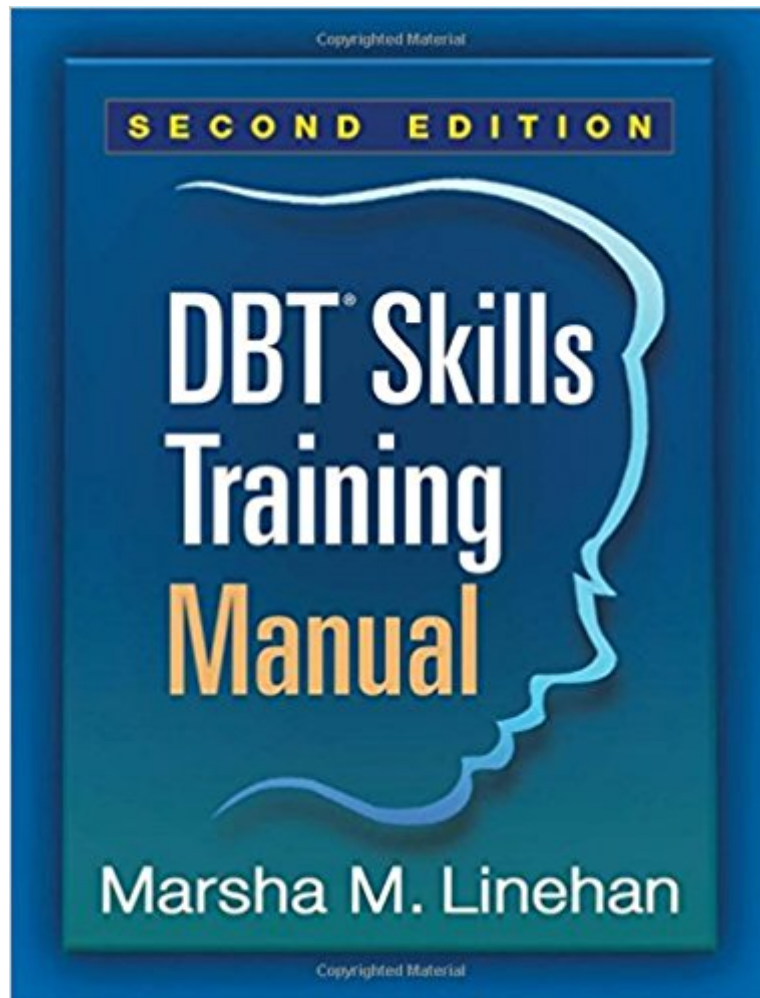




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# DBT® Skills Training Manual, Second Edition



## 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<sup>®</sup> 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." <sup>®</sup> See also DBT<sup>®</sup> 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.

## Book Information

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## Customer Reviews

“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’re 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, this manual and the accompanying volume of handouts and worksheets will be essential across the mental health disciplines.”--André Ivanoff, PhD, Columbia University School of Social Work "Mental health professionals--whether or not they use DBT as their major therapeutic orientation--will find the second edition of Linehan’s skills training manual and its companion volume of client worksheets and handouts invaluable. Skills such as mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance should be part and parcel of any therapist’s repertoire. The manual clearly spells out the theoretical basis and rationale for emphasizing these skills and provides a detailed account of how to use the patient material. Especially useful are descriptions of troubleshooting common problems. Therapists are sometimes at a loss to figure out how to help clients with complex problems; these books can significantly help us improve our effectiveness.”--Judith S. Beck, PhD, President, Beck Institute for Cognitive Behavior Therapy "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 "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 "I used DBT Skills Training Manual, Second Edition, as a text in my graduate course on cognitive-behavioral/empirically supported therapies. The inclusion in one volume of relevant theory, examples, and pragmatic instructions for implementation is most useful for the classroom. It is a state-of-the-art work that is affordable, well designed, and readable, and will be practical for students long after graduate school. I could also see it serving as an instrumental training resource for interns in outpatient, inpatient, and residential treatment settings.”--Marla M. Sanzone, PhD, Adjunct Clinical Professor, Professional Psychology Graduate Program, George Washington University “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 "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 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) "The book is well organized, progressing from a rationale for the use of DBT to specific session structures and skills training. It includes an incredible wealth of knowledge well beyond the scope of this short review to cover, but it is sufficient to say that therapists will find detailed instructions for a complete DBT course based on the latest research and clinical practice. This includes tips for therapists in side boxes, summaries of main points, and references to pertinent handouts. The companion workbook is highly recommended along with this manual. \*\*\*\*\*" (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.

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.

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 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!

I recently purchased this DBT Skills Training Manual to supplement my use of the companion manual that has the handouts and worksheets. I have been in a DBT therapy program for a year and am very familiar with the skills already. I need to have further explanation of the principles in order to assimilate these skills into my daily life. They need to be automatic. That being said, I do not find this teaching manual to be overwhelming as some others have reported. I target the sections that offer expanded explanations of key points in the modules and skip the material covering how to teach the skills for a group. I would strongly recommend familiarizing yourself with the "student" version of this book or having some background in the skills before launching into the training

manual. In other words don't buy the two books together.

This newer edition of Marsha Linehan's groundbreaking work in DBT is fantastic. It fills in many gaps from the first publication (20 years ago) and is a thorough walk through and explanation of Dialectical Behavioral Therapy. I purchased this in order to continue the work I began in intensive therapy a couple years ago and I find it to be a very helpful resource. I also purchased the accompanying "Handouts and Worksheets" and use it as well. I would imagine, however, if you were not a trained therapist and just wanting to know more about DBT, this book might be overwhelming. Having walked through intensive DBT and worked with a coach for a couple years, though, I have found this book to be invaluable to my continued recovery.

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.

I had to purchase this for grad school. I'm cheap so I got a used copy, it came without any marks, notes, or damage at all. Turns out it comes with free online access (I logged in with my student email address) to [guilford.com](http://guilford.com) so you can download all of the handouts and worksheets for use with clients. I've learned that doing DBT-adherent treatment as Linehan intended is quite a commitment and it would be impossible without the handouts and worksheets. Other reviewers have had difficulty getting online but I guess I was lucky. I've seen spiral-bound versions of this manual which I would recommend since it's the kind of book that you need to reference repeatedly for the teaching notes, etc.

DBT is a necessary skill for some of my work and this is written in such a way that it reinforces my understanding of, not only its usefulness, but also keeps me focused on how best to practice its tenets.

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