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Dialectical Behavioral Therapy -- But Expanded Most DBT manuals focus on four main skills modules: Mindfulness, Distress Tolerance, Emotion, Regulation, and Interpersonal Effectiveness . This book approaches the skills in these classic modules with fresh perspectives, expanded explanations, and new examples and worksheets.

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Congratulations to Lane Pederson, and his book, The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition: DBT for Self-Help and Individual & Group Treatment Settings, for winning a silver medal at the 2018 IBPA Benjamin Franklin Awards for editorial and design excellence in both Psychology and Self-Help categories.

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Matthew McKay, The Dialectical Behavior Therapy Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, And Distress Tolerance A Take Home Message As we have seen, Dialectical Behavior Therapy is a wonderful therapy for those who are prone to react in a much more intense and out-of-the-ordinary way toward certain emotional situations.

What is Dialectical Behavior Therapy (DBT)?

Dr. Pederson's DBT publications include the award-winning The Expanded Dialectical Behavior Therapy Skills Training Manual, Second Edition (PESI, 2017); Dialectical Behavior Therapy: A Contemporary Guide for Practitioners (Wiley, 2015); and Dialectical Behavior Therapy Skills Training in Integrated Dual Disorder Treatment Settings (PESI, 2013).

Dr. Lane Pederson | Free Handouts on DBT

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Dialectical behavior therapy (DBT) provides clients with new skills to manage painful emotions and decrease conflict in relationships. DBT specifically focuses on providing therapeutic skills in ...

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Dialectical behavior therapy (DBT) is an evidence-based psychotherapy that began with efforts to treat borderline personality disorder (also known as Emotional Instability Disorder). There is evidence that DBT can be useful in treating mood disorders, suicidal ideation, and for change in behavioral patterns such as self-harm, and substance abuse.

Dialectical behavior therapy - Wikipedia

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