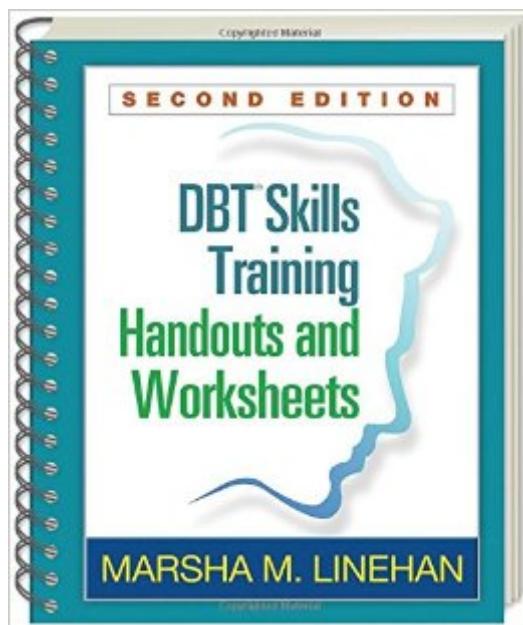


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# DBT® Skills Training Handouts And Worksheets, Second Edition



## **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® 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® 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 instructive videos for clients--Crisis Survival Skills: Part One, Crisis Survival Skills: Part Two, From Suffering to Freedom, This One Moment, and Opposite Action (all featuring Linehan), and DBT at a Glance: An Introduction to Dialectical Behavior Therapy (featuring Shari Y. Manning and Tony DuBose).

## **Book Information**

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## **Customer Reviews**

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<sup>®</sup> 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...

As difficult a wait as it was, this Second edition DBT Skills book knocks it out of the park. The worksheets are easy to follow and the theme of self compassion is marked throughout the book. It will be clear to anyone who has been intensively trained in DBT and those who are new to this amazing and life changing therapy that this new addition is exactly what we were all waiting for. Marsha Linehan has helped to define and change the way therapy works. As a clinician teaching DBT skills for many years I highly recommend that you run don't walk to get this book and begin using it. Your patients will be the better for it. Danny Dimieri Hopestill Counseling

I have mixed thoughts about this book. On the plus side, there are an abundance of handouts and worksheets. Further, they update the old materials in a good way. On the down side, too many of the handouts are extremely "busy" with too much on a page. Most individuals who need the materials are not going to be in a state of mind to concentrate on those handouts that are "cluttered."

I love Marsha Linehan and her work for people with BPD and other struggles. This new handout and worksheet manual is full of wonderful resources. It has a lot of information so it may be easy to become a little overwhelmed, but her principles and insights are literally life saving and life changing. It would be a great book to take to DBT skills group or to work through systematically on your own or with a therapist. If you are a DBT student and not a provider, you don't need to also buy the companion DBT Skills Training Manual which is very obviously written for DBT skills trainers and

therapists.

I like this book and it works well with the work I was doing with my therapist. I was doing this on my own in between my visits with my therapist. It worked well. I was glad I bought it. It helped me with my thoughts and bringing them to the office to talk about them.

Great information- I little challenging for client handouts though. In my experience, Any therapist considering this book for purchase should have a pretty sound foundation in DBT Training before expecting to share exercises with clients.

I purchased this book to go along with a DBT program. This is by far the most amazing thing that has ever happened to me in my entire life. I'm not sure if this approach will work for someone who isn't ready for it, but if you are ready for it it is life changing. DBT takes some work and introspection, but what rewarding thing doesn't? I can easily say that I believe it has saved my life. The book itself is set up in a slightly confusing way but every worksheet and hand out list the page numbers that correspond to each other, to help navigate a bit easier. I found this binder design easier to photocopy the worksheets so I could use them repeatedly. Whether you are able to take DBT skills classes or not I feel like this book could be helpful.

A practical way for anyone to better apply what is more commonly called "cognitive behavioral therapy" or CBT. The "dialectic" approach used in this training book plays to the strengths of therapists (and their patients) who are more comfortable with succinct written explanations of the theory that underpins this approach to behavioral therapy supplemented by easy-to-use worksheets for skill building. The sections on mindfulness training are particularly useful, and make this important early step in therapy more accessible to skeptical patients. Patients with high verbal skills and good motivation can use the book for independent study, so that daily progress can be made much more quickly than possible with the usual weekly to bi-weekly therapy sessions. As for the apocryphal patient? Therapy is progressing well and he hopes to once again be gainfully employed.

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