

Download Doing Dialectical Behavior Therapy A Practical Guide Kelly Koerner

Filled with vivid clinical vignettes and step-by-step descriptions, this book demonstrates the nuts and bolts of dialectical behavior therapy (DBT). First developed to treat suicidal individuals with borderline personality disorder, dialectical behavior therapy (DBT) has since been adapted to a range of settings and populations. *Dialectical Behavior Therapy Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance* by Matthew McKay, Jeffrey C. Wood, and Jeffrey Brantley, 2007, New Harbinger Publications, Oakland: CA