



Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings

From Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW)



Download



Read Online

 Get Print Book

Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings From Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW)

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. This practical book--edited by close collaborators of DBT originator Marsha M. Linehan--presents applications for depression, substance dependence, eating disorders, psychosis, suicidal and assaultive behaviors, and other complex problems. Leading contributors, including Linehan herself, describe how to implement this evidence-based treatment with adults, adolescents, couples and families, and forensic clients. Issues in establishing and maintaining an effective DBT program are also addressed. Over a dozen reproducible worksheets and forms can be downloaded and printed in a convenient 8 1/2" x 11" size.

See also *Doing Dialectical Behavior Therapy: A Practical Guide*, by Kelly Koerner, which demonstrates DBT techniques in detail.



[Download Dialectical Behavior Therapy in Clinical Practice: ...pdf](#)



[Read Online Dialectical Behavior Therapy in Clinical Practic ...pdf](#)

Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings

From Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW)

Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings From Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW)

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. This practical book--edited by close collaborators of DBT originator Marsha M. Linehan--presents applications for depression, substance dependence, eating disorders, psychosis, suicidal and assaultive behaviors, and other complex problems. Leading contributors, including Linehan herself, describe how to implement this evidence-based treatment with adults, adolescents, couples and families, and forensic clients. Issues in establishing and maintaining an effective DBT program are also addressed. Over a dozen reproducible worksheets and forms can be downloaded and printed in a convenient 8 1/2" x 11" size.

See also *Doing Dialectical Behavior Therapy: A Practical Guide*, by Kelly Koerner, which demonstrates DBT techniques in detail.

Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings From Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW) Bibliography

- Sales Rank: #465739 in Books
- Brand: Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW)
- Published on: 2007-08-14
- Original language: English
- Number of items: 1
- Dimensions: 10.09" h x 1.21" w x 7.36" l, 1.89 pounds
- Binding: Hardcover
- 363 pages

 [Download Dialectical Behavior Therapy in Clinical Practice: ...pdf](#)

 [Read Online Dialectical Behavior Therapy in Clinical Practic ...pdf](#)

Download and Read Free Online Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings From Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW)

Editorial Review

Review

"Learning DBT changed my life. DBT concepts and skills take my clinical work to a completely new level. I urge clinicians who are eager to learn more about DBT, and how to adapt it to their clinical setting, to read this book. Contributors are leading DBT practitioners and researchers, and their work in this volume expands and extends this amazing therapy."--Jacqueline B. Persons, PhD, Director, San Francisco Bay Area Center for Cognitive Therapy

"This book is a great resource for anyone and everyone interested in using DBT. Written by accomplished clinician-researchers, it tackles situational pragmatics and the thorny issues of program fidelity. It is well organized, lucidly written, and easily digested. Students of cognitive-behavioral therapies will learn a great deal from this text, as will seasoned clinicians, including those thinking of starting a DBT program. Like DBT itself, the volume is thoughtful, provocative, and oriented toward real-world problem solving."--Robert L. Trestman, PhD, MD, Departments of Medicine and Psychiatry and Director, Center for Correctional Mental Health Services Research, University of Connecticut Health Center

"Dimeff and Koerner have assembled an excellent group of authors to translate DBT theory into real-world practice. Each chapter details the process for using DBT with specific populations and deals with the day-to-day issues confronting practitioners. This is an excellent text for graduate instructors who want to teach evidence-based practices to their students, as well as for clinicians who have longed for practical advice on how to start and maintain a successful DBT program. It is also an excellent guidebook for payors who need to understand what a DBT program should look like and how to assess its value."--George Smart, LICSW, Vice-President of Clinical Operations, Massachusetts Behavioral Health Partnership

"When I first heard Marsha Linehan speak on DBT, I felt that she had saved me 20 years of figuring things out on my own. This book leads the next wave, bringing the accumulated practical wisdom of several 'first adopters' of DBT who have successfully adapted this principle-based, flexible approach to unique settings and populations. Those wishing to develop services for patients with multiple problems can jump-start their fledgling programs and avoid common pitfalls, all the while staying true to the empirical base of the treatment."--Elizabeth B. Simpson, MD, Director, Dialectical Behavior Therapy Program, Massachusetts Mental Health Center

"DBT is one of the most important advances in clinical practice in the last two decades. What began as a specific intervention for borderline personality disorder is in the process of evolving into a major approach that can be applied to a wide range of patients across multiple settings. This book impressively demonstrates this evolution, providing a resource that will be of value to therapists and students alike. I highly recommend it."--Steven D. Hollon, PhD, Department of Psychology, Vanderbilt University

"Each chapter is written by individuals who have extensive firsthand experience implementing and operating DBT successfully in the setting about which they are writing—and the experience shows."
(*Psychiatric Services* 2007-08-16)

"I like this book. It meets its stated design and purpose....Its first chapter offers a clear overview of DBT. More important, its second chapter is a gold mine of practical information about whether to adopt the full (and quite extensive) DBT protocol and components, or whether to adapt elements of the philosophy or components to one's particular setting or client population. The costs and benefits are clearly laid out and often tabled....Each chapter is consistent in its format and sections, and the book is formatted in an attractive and very readable style....The coeditors have made careers of consulting and training very widely across different populations and settings. Their own practical experience shows through not only in their own chapters but also in those of the other authors in this edited volume....The final chapter on evaluating your DBT program is also written in such a simple, practical, and user-friendly way that it goes a long way toward encouraging even the most research-averse clinician or administrator to evaluate his or her work as a clinical scientist. This is a text to be used by clinicians, administrators, and students alike. It does what it advertises in its title. It clearly and practically offers guidelines for applying dialectical behavior therapy in clinical practice as it is applied across a range of disorders and settings. Well done!"

(PsysCRITIQUES 2007-08-16)

"A pragmatic volume that discusses current advances in dialectical behavioral therapy and presents practical applications for a wide range of complex problems....An excellent resource for clinicians....It is an excellent introduction to the important advances in clinical practice."

(Bulletin of the Menninger Clinic 2010-10-17)

"The authors of this edited text make compelling arguments for the use of DBT across the many treatment settings. The text is easy to read and would be relevant to those practitioners unfamiliar with DBT as well as those who may already be quite conversant with the approach. Many of the chapters feature reproducible handouts for use with clients. Given the comprehensive nature of this text, it would be a useful addition to any counseling professional's library, and it is an absolute must for any practitioner interested in DBT or as a useful addition to an advanced counseling theories course....An invaluable reference for any practitioner who is interested in learning more about DBT."

(The Family Journal 2007-08-16)

"Endorsed by Marsha Linehan, this timely and very useful book is aimed explicitly at current or aspiring DBT practitioners seeking to adopt or adapt the approach for working with various diagnostic groups in either hospital or community settings, including those working with people with substance use disorders. The editors, Linda Dimeff and Kelly Koerner, both experienced DBT consultants and practitioners, succeed in achieving their overarching goal of presenting a concise set of information about the applications of DBT that draws on the first-hand clinical experience of clinicians and programme directors to inform practitioners and highlight ways to avoid or, alternatively, to overcome creatively common pitfalls and problems....This book is highly recommended and is likely to find an appreciative audience among practitioners seeking to understand DBT and its clinical applications."

(Drug and Alcohol Review 2007-08-16)

"The well-organized nature of this book is immediately apparent....This is a well-written, practical book for clinicians seeking to expand their knowledge and use of DBT....This book will help to enrich the clinician's delivery of DBT with practical advice from authors with nearly two decades of experience....5 Stars!"

(Doody's Review Service 2007-08-16)

About the Author

Linda A. Dimeff, PhD, is Chief Scientific Officer at Evidence-Based Practice Institute, Inc.; Institute Director at Portland DBT Institute; and Clinical Faculty in the Department of Psychology at the University of Washington. Since 1994, Dr. Dimeff has collaborated closely with Marsha M. Linehan to develop and

evaluate an adaptation of DBT for substance-dependent individuals with borderline personality disorder; to produce DBT training materials for clinicians; and to train, consult, and supervise clinicians in their practice of DBT. She has worked with public and private sector systems throughout the world in their efforts to implement DBT. Dr. Dimeff is a recipient of the Cindy J. Sanderson Outstanding Educator Award from the International Society for the Improvement and Teaching of DBT.

Kelly Koerner, PhD, is a clinical psychologist and an expert clinician, clinical supervisor, and trainer in DBT. She is Creative Director of the Evidence-Based Practice Institute, which provides online communities and continuing education for practitioners who strive to combine science and compassion in their work. Dr. Koerner has served as Director of Training for Marsha Linehan's research investigating the efficacy of DBT for suicidal and drug-abusing individuals with borderline personality disorder, Creative Director for Behavioral Tech Research, Inc., and cofounder and first CEO of Behavioral Tech, LLC, a company that provides training in DBT. She is on the clinical faculty in the Department of Psychology at the University of Washington and maintains a consulting and psychotherapy practice in Seattle.

Users Review

From reader reviews:

Jason Villalobos:

Do you considered one of people who can't read satisfying if the sentence chained inside the straightway, hold on guys this aren't like that. This Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings book is readable by means of you who hate the straight word style. You will find the information here are arrange for enjoyable examining experience without leaving possibly decrease the knowledge that want to offer to you. The writer of Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings content conveys the thought easily to understand by a lot of people. The printed and e-book are not different in the written content but it just different available as it. So , do you continue to thinking Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings is not loveable to be your top record reading book?

Daniel Carter:

Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings can be one of your beginning books that are good idea. We recommend that straight away because this e-book has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to place every word into enjoyment arrangement in writing Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings however doesn't forget the main stage, giving the reader the hottest as well as based confirm resource information that maybe you can be certainly one of it. This great information can drawn you into fresh stage of crucial thinking.

Laura Lee:

Your reading sixth sense will not betray a person, why because this Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings reserve written by well-known writer whose to say well how to make book which can be understand by anyone who else read the book. Written inside good manner

for you, dripping every ideas and composing skill only for eliminate your personal hunger then you still skepticism Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings as good book not just by the cover but also through the content. This is one book that can break don't judge book by its deal with, so do you still needing a different sixth sense to pick this specific!? Oh come on your reading sixth sense already said so why you have to listening to yet another sixth sense.

Fred Peterson:

Is it an individual who having spare time and then spend it whole day by simply watching television programs or just laying on the bed? Do you need something new? This Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings can be the response, oh how comes? A book you know. You are and so out of date, spending your free time by reading in this brand-new era is common not a geek activity. So what these guides have than the others?

Download and Read Online Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings From Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW) #YRXN6FV02QL

Read Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings From Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW) for online ebook

Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings From Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW) Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings From Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW) books to read online.

Online Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings From Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW) ebook PDF download

Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings From Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW) Doc

Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings From Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW) Mobipocket

Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings From Dimeff, Linda A. (EDT)/ Koerner, Kelly (EDT)/ Linehan, Marsha M. (FRW) EPub