



The Expanded Dialectical Behavior Therapy Skills Training Manual: Practical DBT for Self-Help, and Individual & Group Treatment Settings

By Lane Pederson

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In addition to fresh updates on the classic modules of Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness, this manual expands skills training into the areas of Dialectics, Shifting Thoughts, Building Routines, Problem-Solving, and Boundaries.

Straight-forward explanations and useful worksheets make the skills accessible to clients. Practical guidance on clinical policies with program forms help therapists create save and structured treatment environments.

Easy to read and highly practical, this definitive manual is an invaluable resource for clients and therapists across theoretical orientations.

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Editorial Review

Review

This is the most comprehensive DBT resource available to date; useful to both the experienced DBT clinician and new therapist. Lane has taken the evidence based foundations of DBT and expanded and extended the model through new ideas, suggestions and clinical tools. --Cathy Moonshine, Ph.D., MSCP, MAC, CADC III, author of *Dialectical Behavior Therapy Volumes 1 & 2*

The book shows the interaction of the different skills modules to problem resolution, rather than simply listing each module as if it stands on its own. Clearly written and easy to understand, an excellent resource. -
-Thomas Marra, Ph.D., President of Center for DBT, author of *Dialectical Behavior Therapy in Private Practice*

This book is jam packed with new and creative information for both facilitators of DBT and those looking for self help that really delivers. The authors bring their extensive experience in helping folks through the roughest spots of life to expand and improve the already effective DBT model. --Barry L. Duncan, author of *Becoming a Better Therapist* and co-author of *The Heart and Soul of Change*

About the Author

Lane Pederson, Psy.D., LP, DBTC, is the founder of Dialectical Behavior Therapy National Certification and Accreditation Association (DBTNCAA) and the co-owner of Mental Health Systems, PC, in Minneapolis, Minnesota. He has extensive experience developing DBT programs and is an in-demand international speaker and consultant. Dr. Pederson is an advocate of evidence-based practice and "doing what works" with clients.

Users Review

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Rina Reese:

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