



A Step-by-Step
Guide to Dialectical
Behavior Therapy

DBT

made simple

A quick-start guide to help clients

- Connect with the present moment
- Balance emotions
- Manage crises
- Improve relationships

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DBT Made Simple: A Step-by-Step Guide to Dialectical Behavior Therapy (The New Harbinger Made Simple Series)



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Originally developed for the treatment of borderline personality disorder, dialectical behavior therapy, or DBT, has rapidly become probably the most popular & most effective treatments for all mental health conditions rooted in out-of-control emotions. In the tradition of ACT Made Basic, DBT Made Basic provides clinicians with everything they have to know to start out using DBT in the treatment room. However, there are limited resources for psychologists wanting to use DBT abilities with individual clients. The second part targets strategies professionals can use in individual customer sessions, while the third section teaches the four skills modules that form the backbone of DBT: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. The first section of this book briefly covers the theory and research behind DBT and explains how DBT differs from traditional cognitive behavioral therapy approaches. The book includes handouts, case illustrations, and example therapist-client dialogue—everything clinicians have to equip their customers with one of these effective and life-changing skills.



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Helpful overview and practice charts included. Literally read it over the weekend and integrated ideas and strategies today as a therapist. I've received some DBT teaching and read many books about DBT. This publication increased my understanding of the approach and supplied me with an increase of confidence in using the techniques. Really helps to have DBT 'simplified' specifically for working clients who may have learning issues or low literacy, etc. However, if you're a therapist looking for help with applying DBT skills with patients, this may be what you're looking for. DBT Made Simple has an excellent launch to DBT. The book uses plain language and clear types of DBT in action, making it available for both clinicians and clients. I used this publication in preparing for a mindfulness group for adolescents in a home treatment center. Great for clients and also therapists. I've read several other books on DBT (including Linehan's textbook on CBT for BPD, the skills teaching manual, and the DBT workbook), which is, by far, my favorite. This book is simple to comprehend and generally appears to help me regroup and remember what I have previously learned. I also appreciate that it's more affordable than some of the various other DBT books on the market. Therefore, I would recommend this book extremely for anyone curious about more about DBT, as well as perhaps for those who have no access to a therapist trained in DBT. Excellent Overview of DBT As a DBT client who has completed the course of the therapy, I bought this publication to use as a reference when Personally i think like I want a bit of a boost in my abilities or when my disposition is actually low. I very much appreciate Van Dijk's ability to present the materials in a way that is obvious and interesting. While the reserve is written for practitioners, it is beneficial to me as a reminder of how my brain works, why I react the way I really do, and what I could do to feel differently. This reserve is a practical intro to the underlying theory and main skills. Our doctoral students chose this reserve as an adjunct to our practicum class, and all of us found it excellent from begin to finish. There are great explanations of central areas of DBT without oversimplification. Please don't end up being mislead by the term "simple" in the title. The author has accomplished one of those stuff we see occasionally in which secondary authors - those not involved in the advancement of a theory or technique - are better in a position to explain the concepts than primary authors. I would also add that the methods are not simply for borderline disorders anymore: it could be ideal for most of our customers, frankly. Since I was looking for a book that basically outlined and informed the reader about DBT and its own associated skills, this reserve really left too much to be desired in that feeling. It's my own fault that I didn't do more analysis about the reserve before buying it. The publication was cheaper than investing in a journal article and it had been very informative. Five Stars Great book Not for students First of all, let me just say that I didn't realize before purchasing this book that it was written mainly for mental wellness professionals/therapists, rather than patients/students of DBT. At least a point of reference to be able to dive deeper involved with it. Excellent Resource A simple, direct and effective explanation of DBT. Go through this last night, used in therapy today Very helpful book. While the book is not a substitute for more intensive DBT training or treatment, it provides an intensive introduction to the therapy. I really liked the case illustrations and suggestions for explaining concepts to clients. Great book about DBT. Remember that Van Dijk uses different acronyms than Linehan to instruct the skills. I came back the boo. Perfect Introduction to DBT If you are looking for a basic introduction to DBT, this is the book for you! Highly Recommend We am a therapist who potential clients DBT groups. Though it's set up for individual therapy, it isn't difficult to apply the concepts to organizations as well. The book includes exercises to practice DBT skills and also provides answers to faqs and common stumbling blocks. DBT are skills everyone should have Very helpful to have insights from the therapist viewpoint If you are a budding MSW student, you will like this book. If you're a budding MSW student, you should this publication. I am within the last six months of my MSW education and realized I needed help applying appropriate therapies with my customers. This book is an instant read and incredibly helpful! You won't end up being sorry that you bought it! I am SO pleased I decided to order it! I finally possess a decent

knowledge of DBT. So that's the primary reason for the three-star rating. I'm a psychologist which book actually breaks it down! Nevertheless, I still go through some of it and discovered some areas of the book helpful. I would recommend its use in psychotherapy classes at the master's or doctoral level, whether for potential psychologists, counselors, or social workers, or for anyone practicing in the fields who wants to find out about using DBT. If you want to learn about DBT, understand this book! Basically, it wasn't for me personally, but that doesn't indicate it's a poor book. Helpful Book I needed a source for a project. Oh well, lesson discovered! Great purchase. When I starting searching through the publication after receiving it in the mail, I quickly understood that I wasn't the target audience for the book. It had been more therapist centered. Two Stars Sorry it only wasn't a reserve written for a client. Great purchase. Nevertheless she maps her abilities to Linehan's making it easy to evaluate the two. Good primer for DBT Easy read, helpful tips.



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