

SECOND EDITION

THE EXPANDED
**DIALECTICAL
BEHAVIOR
THERAPY**

SKILLS TRAINING
MANUAL

DBT FOR SELF-HELP, AND
INDIVIDUAL & GROUP TREATMENT SETTINGS

LANE PEDERSON

WITH CORTNEY SILWELL PEDERSON

Lane Pederson and

The Expanded Dialectical Behavior Therapy Skills Training Manual: DBT for Self-Help and Individual & Group Treatment Settings, 2nd Edition



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Congratulations to Lane Pederson, and his publication, The Expanded Dialectical Behavior Therapy Skills Training Manual, 2nd Edition: DBT for Self-Help and Person & Group Treatment Settings, for winning a silver medal at the 2018 IBPA Benjamin Franklin Awards for editorial and style excellence in both Psychology and Self-Help types. This second edition is the most extensive and readable DBT manual obtainable with more skills than any other DBT book on the market. Created for DBT therapists, eclectic and integrative therapists, so when a self-help information for people interested in learning DBT abilities, the simple explanations and useful worksheets contained within make DBT abilities learning and practice available and useful for both skills organizations and individual users. Beyond improvements to the classic abilities modules, customers and therapists will end up being enriched by added modules offering Dialectics, Cognitive Modification, Problem-Solving, and Building Routines in addition to all-new, much-required modules on Addictions and Social Media.



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Right off the start it requires you into actions with worksheets. For seasoned and fresh therapist who likes to implement DBT as a modality in your practice either personal or in an agency this is the reserve that spell it easy with no headaches. I have been studying DBT which book is quite informative and helpful.. Like the worksheets too. Thank you. Well worth the price! Very Informative I meant to purchase this publication in a difficult copy but it automatically went to my Kindle which was fine. This is a wonderful manual- accessible and substantive This is an excellent manual- accessible and substantive. Five Stars If you like the book you will love the workshop Borderline personality disorder Should you have Borderline Personality Disorder this book is for you! Very useful in learning about DBT skills Very useful in learning about DBT skills. Helps aim at a more practical approach for using the skills. The format is easy to comprehend and follow. easy to read layout. I'd definitely recommend this reserve to everyone working straight with customers in the behavioral health field!. My co-workers liked it too and have purchased their very own books. I have utilized it with family's, adults and kids. I'm so glad We purchased this reserve to use with clients I'm so glad We purchased this reserve to use with clients! Helpful Good browse for both therapists and customers in dbt therapy. I anticipate delving into this book in wish of gaining skills to help me exist more balanced. I've utilized it everyday since getting it in the mail. I purchase a number of workbooks and manuals which one is undoubtedly my favorite for DBT, mindfulness skills, behavioral therapy. Just started reading, it's very well written and an excellent followup of other works I've learned from as family members pursue skills training. Very useful. Additional skills in addition to useful forms. I find this book to have some useful additional skills, as well as some helpful forms and contracts. I contacted Lane Pederson about copying and modifying the forms, which he encouraged me to accomplish. It's great to discover others build on the DBT model. It is an excellent addition to my various other workbooks and manuals.DBT Go for It As a therapist that uses DBT daily I feel the second edition of the book it really is great of course I still utilize the first edition. it's very well written and a good followup of other functions I've learned from seeing that family . Five Stars great manual. Adds on the original 4 still's of DBT which I feel helps to make the therapeutic strategy more easily used. Good Information I have ten or more books already upon this topic. This is an excellent book, however, not as useful as my other books Five Stars Great Very useful We am a MFT trainee, and I found this publication to be very helpful in learning more about how to use DBT intervention with my customers.



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