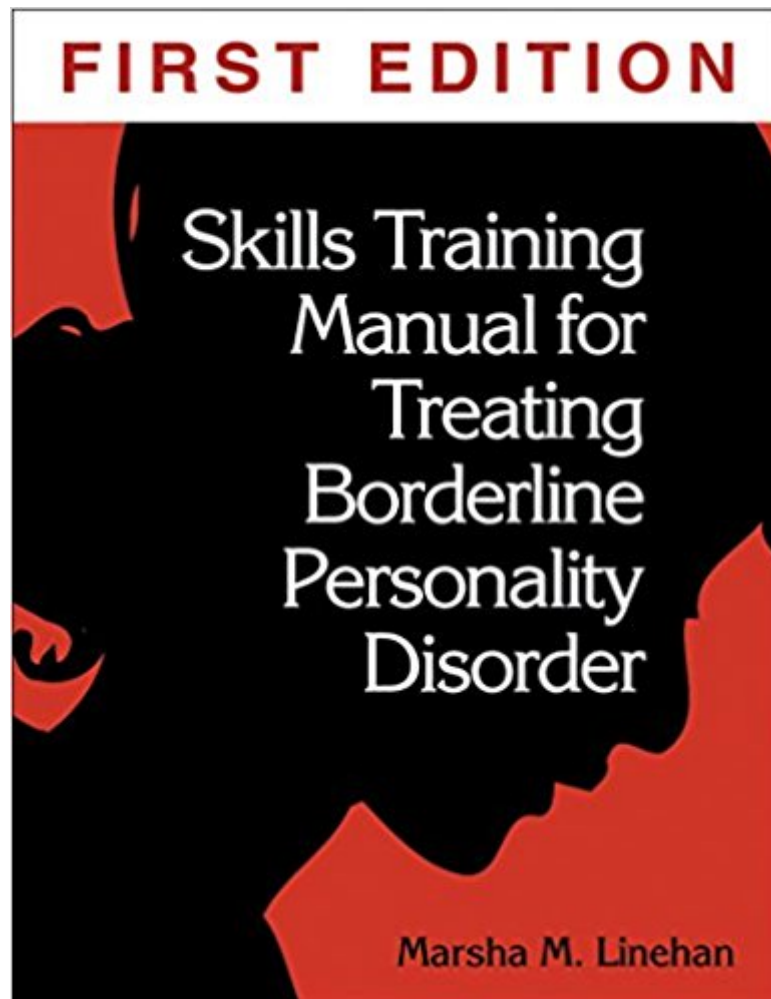


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# Skills Training Manual For Treating Borderline Personality Disorder



## Synopsis

Â This book is a step-by-step guide to teaching clients four sets of skills: interpersonal effectiveness, emotion regulation, distress tolerance, and mindfulness. A vital component in Dr. Linehan's comprehensive treatment program, the manual details precisely how to implement DBT behavioral skills training procedures. It provides everything the clinician needs to implement the program in skills training groups or with individual clients. Included are lecture notes, discussion questions, exercises, and practical advice on dealing with frequently encountered problems. In a large-size format with lay-flat binding for easy photocopying, the book features over three dozen reproducible client handouts and homework sheets. See also Linehan's comprehensive presentation of DBT, *Cognitive-Behavioral Treatment of Borderline Personality Disorder*. Also available: instructive skills training videos for clients--*Crisis Survival Skills: Part One*, *Crisis Survival Skills: Part Two*, *From Suffering to Freedom*, *This One Moment*, and *Opposite Action*. Â

## Book Information

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## Customer Reviews

In twelve-step groups they usually say something like "take what you need and leave the rest." I would suggest that non-borderline clients and the practitioners who help them follow that advice with this book. There is no need to erase us from the title of this book so that non-BPDs will feel less shame buying or using it. And there is no need to judge the exercises and handouts as overly simplistic. They are what they are. They were designed to help us (borderlines). If you are not

borderline, and do not have experience working with borderlines, you really don't know what we need. Marsha Linehan does. I'm not claiming that every example or every exercise in the book works for every borderline, but M.L. does not claim that either! Many borderlines (including myself) were traumatized in early childhood and failed to learn basic skills at that age. Therefore, exercises that to the non-BPD sufferer seem designed for children, were actually designed for people who never had the chance to experience a normal childhood and learn the social skills that others learned as children. I do agree with the reviewers who say that much of DBT is helpful for people with other diagnoses, and even people who are not mentally ill, but this manual is for US, and does not need to be changed. Those who are not a part of the target audience should use what they can, and leave the rest - without judgement. Those practitioners who see the applicability of DBT to non-borderline patients should take the time to figure out what works and write new books with new therapies, based on DBT. That is what Marsha Linehan did. She took CBT as a framework and developed DBT for a specific population - people who suffer from Borderline Personality Disorder.

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Skills Training Manual for Treating Borderline Personality Disorder Walking On Eggshells No More, A Practical Guide To Understanding, Coping And Living With Someone Who Has Borderline Personality Disorder Or Narcissistic Personality Disorder. The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder Personality Disorders: The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1) Deep Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Help! I Am In Love With A Narcissist: Narcissistic, Narcissistic Personality Disorder, Sociopath (Manipulation, Personality Disorder, Recovery Advice, Breaking Up) Narcissism: Easily Disarming Narcissists and Understanding Their Selfish Personality Disorder (Psychopath, Narcissistic Personality Disorder, Narcissist ... Mood Disorders, Con Men, Sociopath) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And

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