

The Expanded Dialectical Behavior Therapy Skills Training Manual: Practical DBT For Self-Help, And Individual & Group Treatment Settings [Kindle Edition] By Lane Pederson; Courtney Pederson

By Lane Pederson; Courtney Pederson

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Dr. Lane Pederson is the author of the best-selling The Expanded Dialectical Behavior Therapy Skills Training Manual: Practical DBT for Self-help and Individual

From Marsha M. Linehan the developer of dialectical behavior therapy (DBT) this comprehensive resource provides vital tools for implementing DBT skills training.

Dialectical (DBT) Therapy Groups Dialectical Behavior Therapy (DBT) is the treatment most closely associated with Borderline Personality Disorder (BPD).

Dialectical behavior therapy (DBT) is a therapy designed to help people change patterns of behavior that are not helpful, such as self-harm, suicidal thinking, and

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