How to get more training in DBT:

- Email: BRTC@u.washington.edu
- Behavioral Tech, LLC  http://behavioraltech.org/

Books and Resources for Specialty Application of DBT:

**Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings**
Edited by Linda A. Dimeff and Kelly Koerner
Foreword by Marsha M. Linehan

**DBT for High Conflict Couples**

**The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation**
Alan E. Fruzzetti (Author), Marsha M. Linehan (Foreword)

**DBT for Suicidal Adolescents**

**Dialectical Behavior Therapy with Suicidal Adolescents**
by Alec L. Miller, Jill H. Rathus, Marsha M. Linehan, Charles Robert Swenson

**DBT in Schools**
For information about adaptation of DBT in schools contact Jim Mazza & Lizz Dexter-Mazza
- Lizz Dexter-Mazza’s contact email: lizzmazza@msn.com
- Jim Mazza’s contact email mazza@uw.edu
DBT with Intellectual Disability

Treating Individuals With Intellectual Disabilities and Challenging Behaviors With Adapted Dialectical Behavior Therapy
Julie F. Brown, Milton Z. Brown, and Paige Dibiasio

The Skills System Instructor's Guide: An Emotion-Regulation Skills Curriculum for All Learning Abilities
Julie F. Brown

DBT with Children

Adapting Dialectical Behaviour Therapy for Children: Towards a New Research Agenda for Paediatric Suicidal and Non-Suicidal Self-Injurious Behaviours
Francheska Perepletchikova,\textsuperscript{1} Seth R. Axelrod,\textsuperscript{1} Joan Kaufman,\textsuperscript{1} Bruce J. Rounsaville,\textsuperscript{1} Heather Douglas-Palumberi,\textsuperscript{1} and Alec L. Miller\textsuperscript{2}

For information about DBT with children contact Francheska Perepletchikova at frp2008@med.cornell.edu
Dialectical behavior therapy (DBT) is an evidence-based psychotherapy that began with efforts to treat borderline personality disorder (also known as Emotional Instability Disorder). There is evidence that DBT can be useful in treating mood disorders, suicidal ideation, and for change in behavioral patterns such as self-harm, and substance abuse. DBT evolved into a process in which the therapist and client work with acceptance and change-oriented strategies, and ultimately balance and synthesize them.

Related Articles:
- The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, (TSD and Other Anxiety Symptoms Chapman, Alexander L., PhD, Gratz, Kim, PhD, Tull, Matthew T., PhD, Oakland, CA, New Harbinger Publications, 2011.
- Dialectical behavior therapy, a type of psychotherapy, may help people with binge eating disorder and bulimia. Individual therapy usually takes place once a week for as long as the client is in therapy, and it runs simultaneously with DBT skills training.
- Coaching to Ensure Generalization of Skills.