

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,¹ Seth R. Axelrod,¹ Joan Kaufman,¹ Bruce J.
Rounsaville,¹ Heather Douglas-Palumberi,¹ and Alec L. Miller²

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 Dialectical Behavior Therapy in Clinical Practice Applications across Disorders and Settings Edited by Linda A. Dimeff and Kelly Koerner; New York, Guilford Press, 2007. Handbook of Mentalizing in Mental Health Practice. Washington, DC: American Psychiatric Pub. 2012.Â Practice Guideline for the Treatment of Patients with Borderline Personality Disorder. Washington, DC: American Psychiatric Association, 2001. Skills Training Manual for Treating Borderline Personality Disorder. Linehan, M. Marsha, Ph.D. New York: Guilford, 1993.Â 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.Â 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. 3. Coaching to Ensure Generalization of Skills.Â Dialectical behavior therapy has also been adapted for use in residential and inpatient treatment settings. Does Dialectical Behavior Therapy Work for Eating Disorders?Â Wisniewski L, Kelly E. The application of dialetical behavior therapy to the treatment of eating disorders. Cognitive and Behavioral Practice. 2003;10(2):131-138. doi:10.1016/S1077-7229(03)80021-4. Related Articles.