

DIALECTICAL THERAPY WORKBOOK%0A

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Dialectical behavior therapy (DBT) is a specific type of cognitive-behavioral psychotherapy developed in the late 1980s by psychologist Marsha M. Linehan to help better treat borderline
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Dialectical behavior therapy Wikipedia

Dialectical behavior therapy (DBT) is an evidence-based psychotherapy that began with efforts to treat borderline personality disorder (also known as Emotional Instability Disorder). DBT has been proven useful in treating mood disorders, suicidal ideation, and for change in behavioral patterns such as self-harm, and substance abuse. DBT evolved

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The Dialectical Behavior Therapy Skills Workbook

The Dialectical Behavior Therapy Skills Workbook, a collaborative effort from three esteemed authors, offers evidence-based, step-by-step exercises for learning these concepts and putting them to work for real and lasting change. Start by working on the introductory exercises and, after making progress, move on to the advanced-skills chapters.

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