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Last updated on
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The rationale for emphasizing particular behavioral skills is given as well as an explanation of how to use the material with clients....The training skills manual, along with the handout and worksheet volume are valuable resources for practicing clinicians in

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the field of mental health and addictions, whether or not DBT is their main orientation.”

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Abstract. The original edition of this skills training manual was published in 1993. At that time, the only research conducted on Dialectical Behavior Therapy (DBT) was a

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1991 clinical trial comparing DBT to treatment as usual for the treatment of chronically suicidal individuals meeting criteria for borderline personality disorder (BPD).

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From Marsha M. Linehan--the developer of dialectical behavior therapy (DBT)--this comprehensive resource provides vital tools for implementing DBT skills training. The reproducible teaching notes, handouts, and worksheets used for over two decades by hundreds of thousands of practitioners have

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despite the original version having already helped a great number of people suffering with Borderline Personality Disorder.

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20 DBT Worksheets and Dialectical

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From Marsha M. Linehan--the developer of dialectical behavior therapy (DBT)--this comprehensive resource provides vital tools for implementing DBT skills training. The reproducible teaching notes, handouts, and worksheets used for over two decades by hundreds of thousands of practitioners have been significantly

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revised and expanded
to reflect important
research and clinical
advances.

DBT Skills Training Manual, Second Edition - Marsha M

...

Skills training is
frequently taught in
groups during weekly
sessions, and the full
skills curriculum runs
for 24 weeks. Group
leaders assign
homework to help

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clients practice the skills in their everyday lives. Briefer schedules that teach only a subset of the skills have also been developed for particular populations and settings. Learn DBT Skills:

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DBT Skills Training Manual. General Handouts - Orientation Handouts. General Handout 1: Goals of skills training. General Handout 1a: options for solving any problem. General Handout 2: overview - introduction to skills training. General Handout 3: guidelines for skills training.

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Targets for DBT Skills
Training Target # 1:
Eliminate THERAPY
DESTROYING behaviors
(examples next slide)
Target # 2: Increase
SKILL ACQUISITION
(Mindfulness, Distress
Tolerance,
Interpersonal
Effectiveness and
Emotion Regulation
skills) Target # 3:

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Decrease THERAPY
INTERFERING
behaviors (not paying
attention,

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The much awaited updated edition of Dr. Marsha Linehan's Skills Manual. This step-by-step guide is a comprehensive resource providing vital tools for implementing DBT Skills Training.

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The rationale for

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emphasizing particular behavioral skills is given as well as an explanation of how to use the material with clients....The training skills manual, along with the handout and worksheet volume are valuable resources for practicing clinicians in the field of mental health and addictions, whether or not DBT is their main orientation.”

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