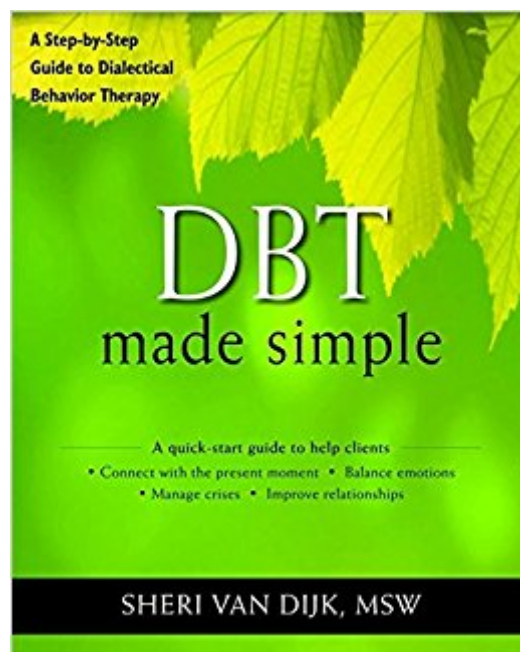




The book was found

DBT Made Simple: A Step-by-Step Guide To Dialectical Behavior Therapy (The New Harbinger Made Simple Series)



Synopsis

Originally developed for the treatment of borderline personality disorder, dialectical behavior therapy, or DBT, has rapidly become one of the most popular and most effective treatments for all mental health conditions rooted in out-of-control emotions. However, there are limited resources for psychologists seeking to use DBT skills with individual clients. In the tradition of ACT Made Simple, DBT Made Simple provides clinicians with everything they need to know to start using DBT in the therapy room. The first part of this book briefly covers the theory and research behind DBT and explains how DBT differs from traditional cognitive behavioral therapy approaches. The second part focuses on strategies professionals can use in individual client sessions, while the third section teaches the four skills modules that form the backbone of DBT: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. The book includes handouts, case examples, and example therapist-client dialogue—everything clinicians need to equip their clients with these effective and life-changing skills.

Book Information

Series: The New Harbinger Made Simple Series

Paperback: 216 pages

Publisher: New Harbinger Publications; 1 edition (January 2, 2013)

Language: English

ISBN-10: 1608821641

ISBN-13: 978-1608821648

Product Dimensions: 7.9 x 0.5 x 9.9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 44 customer reviews

Best Sellers Rank: #132,298 in Books (See Top 100 in Books) #114 in Books > Medical Books > Nursing > Psychiatry & Mental Health #450 in Books > Medical Books > Psychology > Psychotherapy, TA & NLP #549 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychotherapy, TA & NLP

Customer Reviews

"DBT Made Simple" is an incredibly useful book that distills key elements of DBT into a clear, concise, and practical guide. Illuminating clinical examples bring to life several DBT strategies and principles, and practitioners will appreciate the many useful forms and handouts provided in this book. I recommend this book to students and mental health professionals seeking a concise,

practical introduction to DBT." --Alexander L. Chapman, PhD, RPsych, author of "The Borderline Personality Disorder Survival Guide" and associate professor in the department of psychology at Simon Fraser University, Burnaby, BC, Canada "Over the years, practitioners of dialectical behavior therapy have been searching for different training resources to deliver DBT in the therapy room in an effective way. Van Dijk's book provides a fantastic contribution to DBT literature for one main reason: her approach to DBT is hands-on. "DBT Made Simple" is full of clinical applications, illustrative examples, sample dialogues, and troubleshooting tips. Her style is both engaging and straightforward, making of this book an easy and digestible resource for all clinicians, novice or advanced, who are interested in making a difference in their DBT clinical work." --Patricia E. Zurita Ona, PsyD, psychologist at East Bay Behavior Therapy Center and coauthor of "Mind and Emotions" "Sheri Van Dijk has done it again! Her latest work teaches therapists how to use DBT with a wide variety of clients. She has accomplished an amazing feat--making DBT easy to understand without sacrificing its enormous depth. This is the book therapists have been waiting for." --Paula Fuchs, PsyD, assistant clinical professor of psychology in the department of psychiatry at Harvard Medical School "DBT Made Simple provides a well-organized, encouraging model to treat individuals with emotional dysregulation. This book is an excellent resource for therapists wishing to use DBT. It explains the theory of DBT and provides a clear, concise, user-friendly approach for therapists to learn, as well as teach, DBT skills." --Linda Jeffery, RN, cognitive behavioral therapist with a private practice in Newmarket, ON, Canada "What a wonderful guide to dialectical behavior therapy for therapists, both on a personal level, as well as on a client level. Sheri Van Dijk's book gives precise, clear direction for understanding and using DBT." --Kathy Christie, BA, ADR, mental health case manager "This book is a must-have for therapists interested in developing an understanding of DBT and how they can incorporate aspects of this treatment with a broader client population. Van Dijk provides a clear and concise foundation of DBT theory, complete with helpful strategies and handouts for each of the DBT skills. The book also provides practitioners with the flexibility to choose components of the DBT skills that would help meet their respective clients' needs." --Diane Petrofski, MSW, RSW, Family Health Team "As the demand for dialectical behavior therapy increases from our clients, practitioners need to be more informed about its dynamic process and targets. This book provides both the novice and the well-informed clinician with an uncomplicated review of DBT. A must-have for any therapist, whether they are practicing DBT, or referring to others for this type of therapy." --Leanne Garfinkel, MA in clinical psychology and DBT-informed therapist

Sheri Van Dijk, MSW, is a mental health therapist in private practice and at Southlake Regional Health Centre in Newmarket, ON, Canada. She is the author of *The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder*, *Don't Let Your Emotions Run Your Life for Teens*, and *Calming the Emotional Storm*, and is coauthor of *The Bipolar Workbook for Teens*. In September 2010, she received the R.O. Jones Award from the Canadian Psychiatric Association for her research on using DBT skills to treat bipolar disorder.

Our doctoral students chose this book as an adjunct to our practicum class, and all of us found it excellent from start to finish. There are great explanations of central aspects of DBT without oversimplification. Please don't be misled by the term "simple" in the title. The author has accomplished one of those things we see occasionally in which secondary authors - those not involved in the development of a theory or technique - are better able to explain the concepts than primary authors. I would also add that the techniques are not just for borderline disorders anymore: it would be useful for most of our clients, frankly. I would recommend its use in psychotherapy classes at the master's or doctoral level, whether for future psychologists, counselors, or social workers, or for anyone practicing in the fields who wants to learn about using DBT.

As a DBT client who has completed the course of the therapy, I bought this book to use as a reference when I feel like I need a bit of a boost in my skills or when my mood is really low. This book is easy to understand and generally seems to help me regroup and remember what I have previously learned. While the book is written for practitioners, it is useful to me as a reminder of how my brain works, why I react the way I do, and what I can do to feel differently.

The book had clear writing which made some of the concepts easier to understand. I've read several books on this topic. This was one of the more use-friendly.

If you are looking for a basic introduction to DBT, this is the book for you! I really liked the case examples and suggestions for explaining concepts to clients. Though it's set up for individual therapy, it is not difficult to apply the concepts to groups as well. I used this book in preparing for a mindfulness group for adolescents in a residential treatment center.

I have been away from school for a while and usually fall asleep with any mention of the word "text book." This book is easy to understand, clearly written. I need to learn new skills and this book is a

good way to start.

I love DBT but Marsha Linehan's book on DBT is very detailed and covers the subject in too much depth for many people. This is a very good option for those people who want to take an easier path.

A simple, direct and effective explanation of DBT. Helpful summary and practice charts included. Great for clients as well as therapists.

I am a therapist who leads DBT groups. This book is a practical introduction to the underlying theory and major skills. Be aware that Van Dijk uses different acronyms than Linehan to teach the skills. However she maps her skills to Linehan's making it easy to compare the two.

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