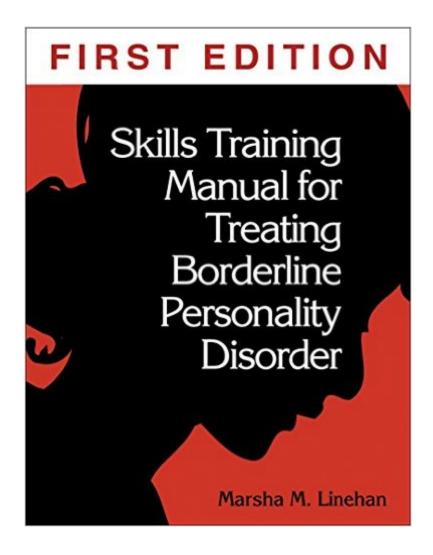
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Skills Training Manual For Treating Borderline Personality Disorder





Synopsis

This book is a step-by-step guide to teaching clients four sets of skills: interpersonal effectiveness, emotion regulation, distress tolerance, and mindfulness. A vital component in Dr. Linehanâ ™s comprehensive treatment program, the manual details precisely how to implement DBT behavioral skills training procedures. It provides everything the clinician needs to implement the program in skills training groups or with individual clients. Included are lecture notes, discussion questions, exercises, and practical advice on dealing with frequently encountered problems. In a large-size format with lay-flat binding for easy photocopying, the book features over three dozen reproducible client handouts and homework sheets. See also Linehan's comprehensive presentation of DBT, Cognitive-Behavioral Treatment of Borderline Personality Disorder. Also available: instructive skills training videos for clients--Crisis Survival Skills: Part One, Crisis Survival Skills: Part Two, From Suffering to Freedom, This One Moment, and Opposite Action. Â

Book Information

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Mental Health > Personality Disorders #50 in Books > Textbooks > Social Sciences >

Psychology > Clinical Psychology

Customer Reviews

In tweleve-step groups they usually say something like "take what you need and leave the rest." I would suggest that non-borderline clients and the practitioners who help them follow that advice with this book. There is no need to erase us from the title of this book so that non-BPDs will feel less shame buying or using it. And there is no need to judge the exercises and handouts as overly simplistic. They are what they are. They were designed to help us (borderlines). If you are not

borderline, and do not have experience working with borderlines, you really don't know what we need. Marsha Linehan does. I'm not claiming that every example or every exercise in the book works for every borderline, but M.L. does not claim that either!Many borderlines (including myself) were traumatized in early childhood and failed to learn basic skills at that age. Therefore, exercises that to the non-BPD sufferer seem designed for children, were actually designed for people who never had the chance to experience a normal childhood and learn the social skills that others learned as children. I do agree with the reviewers who say that much of DBT is helpful for people with other diagnoses, and even people who are not mentall ill, but this manual is for US, and does not need to be changed. Those who are not a part of the target audience should use what they can, and leave the rest - without judgement. Those practitioners who see the applicability of DBT to non-borderline patients should take the time to figure out what works and write new books with new therapies, based on DBT. That is what Marsha Linehan did. She took CBT as a framework and developed DBT for a specific population - people who suffer from Borderline Personality Disorder.

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