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The behavioral skills training described in this manual is based on a model of treatment called Dialectical Behavior Therapy (DBT). DBT is a broad-based cognitive-behavioral treatment originally developed for chronically suicidal individuals diagnosed with borderline personality disorder (BPD).

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[DBT Skills Training](#)

The Guilford Press. 504 pp. DBT Skills Training Handouts and Worksheets, 2nd Ed. Marsha M. Linehan (2015) New York: The Guilford Press. 422 pp. Dr. Linehan's second edition of DBT Skills Training Manual is a valuable resource and the DBT Skills Training Handouts and Worksheets enhance the training manual.

[Marsha M. Linehan \(Author of Skills Training Manual for ...](#)

Marsha M. Linehan Marsha M. Linehan, PhD, ABPP, the developer of dialectical behavior therapy (DBT), is Professor Emeritus of Psychology and Director Emeritus of the Behavioral Research and Therapy Clinics at the University of Washington. ... DBT Skills Training Manual: Second Edition Marsha M. Linehan. Paperback October 20, 2014 \$58.00 \$43.50 ...

[Marsha M. Linehan - Wikipedia](#)

All of the handouts and worksheets discussed in Marsha M. Linehan's DBT Skills Training Manual, Second Edition, are provided, together with brief introductions to each module written expressly for clients. Linehan, Marsha M. (2014). DBT Skills Training Handouts and Worksheets Second Edition

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New York: Guilford Press.

[20 DBT Worksheets and Dialectical Behavior Therapy Skills](#)

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. Linehan's comprehensive treatment program, the manual details precisely how to implement DBT behavioral skills training procedures.