

# Dbt Therapy Manuals

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Treatment Manuals; Other Items; Dialectical Behavior Therapy. University of Washington - Home DBT Resources and References

Home page for Dialectical Behavior Therapy mental health services in Minnesota  
Dialectical behavior therapy (DBT) is a therapy designed to help people change patterns of behavior that are not helpful, such as self-harm, suicidal thinking, and

The Expanded Dialectical Behavior Therapy Skills Training Manual: Practical DBT for Self-Help, and Individual & Group Treatment Settings Paperback 20 Jan 2012

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

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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.