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DBT Made Simple: A Step-by-Step Guide to Dialectical ...

DBT Made Simple: A Step-by-Step Guide to Dialectical Behavior Therapy (The New Harbinger Made Simple Series) 1st Edition. by Sheri Van Dijk MSW (Author) 4.5 out of 5 stars 177 ratings. ISBN-13: 978-1608821648.

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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.

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DBT Made Simple: A Step-by-Step Guide to Dialectical Behavior Therapy - Sheri Van Dijk. This guide to DBT is intended for therapists and mental health professionals looking to learn more about how to effectively apply DBT for their clients.

20 DBT Worksheets and Dialectical Behavior Therapy Skills

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Dialectical behavior therapy (DBT) is a type of cognitive-behavioral therapy. Its main goals are to teach people how to live in the moment, develop

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healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.

How Dialectical Behavior Therapy (DBT) Works

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