

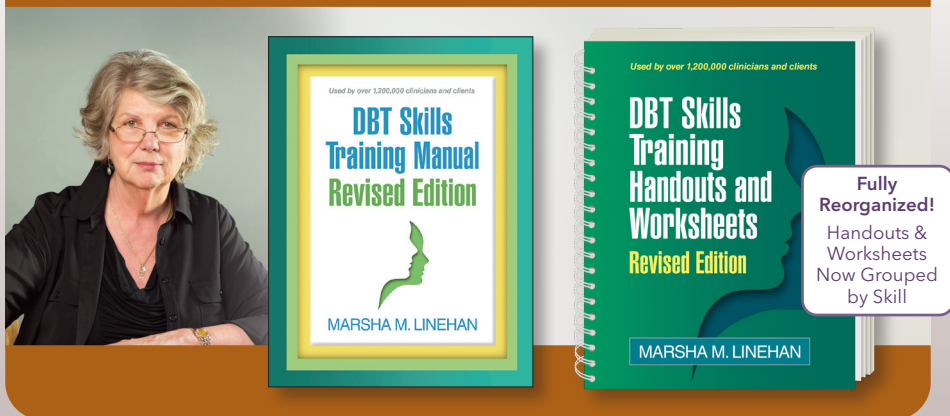
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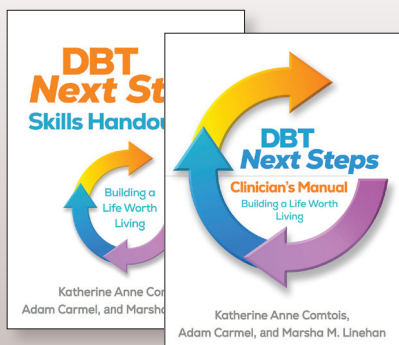
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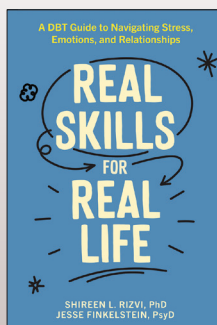
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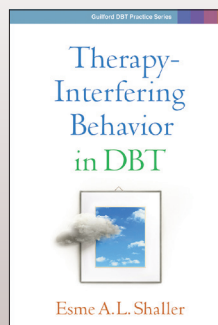
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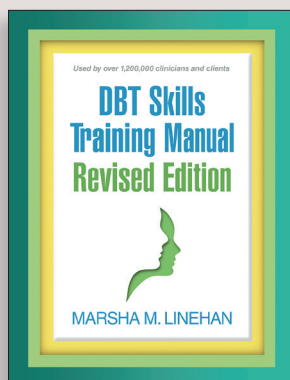
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DBT Skills Training Manual

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Marsha M. Linehan, PhD

The definitive skills training manual embraced by DBT practitioners worldwide is **now in a revised edition**, reflecting important shifts in language, technology, and daily life. All skills, guidelines, and examples have been retained from the bestselling second edition, with updates throughout to enhance usability and inclusivity.

In a convenient 8½" x 11" format, the book provides complete instructions for orienting clients to DBT, structuring group sessions, troubleshooting common problems, and tailoring skills training curricula for different settings and populations. It offers detailed teaching notes for the full range of mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills, and describes how to use the associated handouts and worksheets.

Handouts and worksheets are not included in this book; they can be found in the related volume, available separately: *DBT Skills Training Handouts and Worksheets, Revised Edition* (see next page).

“In its first two editions, this groundbreaking manual transformed the field of mental health treatment—the core mindfulness skills alone are a remarkable gift to our world. Now, the revised edition further increases the manual’s clarity and ease of use, with everything right where you need it.”

—Cedar R. Koons, MSW, LCSW

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Preface

Preface to the Second Edition

How to Use This Book

I. An Introduction to DBT Skills Training

1. Rationale for DBT Skills Training
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3. Structuring Skills Training Sessions
4. Skills Training Treatment Targets and Procedures

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Part I Appendices

II. Teaching Notes for DBT Skills Modules

6. General Skills: Orientation and Analyzing Behavior
7. Mindfulness Skills
8. Interpersonal Effectiveness Skills
9. Emotion Regulation Skills
10. Distress Tolerance Skills



ABOUT THE AUTHOR

Marsha M. Linehan, PhD, ABPP, the developer of DBT, is Professor Emeritus of Psychology and Director Emeritus of the Behavioral Research and Therapy Clinics at the University of Washington. Dr. Linehan is the 2025 recipient of the Lifetime Achievement Award from the American Foundation for Suicide Prevention.

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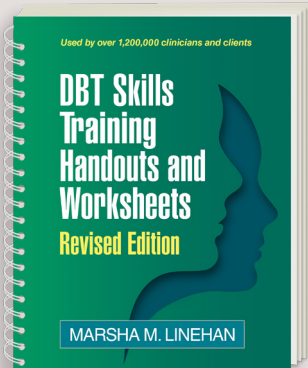
Marsha M. Linehan, PhD

In the revised edition of this indispensable resource, the handouts and worksheets for each skill are grouped together, making the book even easier to use. Clients get quick access to the tools needed for learning and practicing any DBT skill. All four DBT skills modules are included—mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance—each with a brief introduction written expressly for clients.

In a convenient, spiral-bound 8½" x 11" format, the book features more than 225 reproducible handouts and worksheets. The materials are updated throughout to feature more inclusive language and reflect changes in technology and daily life.

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Fully Reorganized & Easier for Clients to Use!

Handouts & Worksheets Now Grouped by Skill

INTERPERSONAL EFFECTIVENESS HANDOUT 21
(Interpersonal Effectiveness Worksheet 15, p. 171)

**Strategies for Decreasing or Stopping
Unwanted Behaviors**

Extinction = Stopping an ongoing reinforcement of behavior.
Extinction leads first to a burst of behavior, and then to a decrease in behavior.
Examples: _____

Satiation = Providing so much of a reinforcer that it loses its reinforcement value.
Satiation could reduce motivation for behavior and thus decrease, rather than increase, a desired behavior.
Examples: _____

Punishment = An aversive consequence that decreases a behavior.
Behavior is decreased by consequences the person dislikes or will work to avoid.
Examples: _____

Behavior is decreased by consequences that stop or reduce something positive.
Examples: _____

Behavior is decreased when something the person wants is withheld until harmful effects of problem behaviors are corrected and overcorrected.
Examples: _____

INTERPERSONAL EFFECTIVENESS WORKSHEET 15
(Interpersonal Effectiveness Handouts 21–22, pp. 170, 172)

Changing Behavior by Extinguishing or Punishing It

Due Date: _____ Name: _____ Week Starting: _____

Fill out this sheet whenever you try to increase your own or someone else's behavior with reinforcement. Look for opportunities (since they occur all the time) to reinforce behavior. Write on the back of this sheet if you need more room.

1. In advance, identify the behavior you want to decrease, and decide whether you will extinguish it by eliminating a reinforcer or stop it with punishment. (Skip the one you are not using.)
If you are using punishment, identify the consequence. Also decide the new alternative behavior to reinforce, and the reinforcer to use to increase it to replace the behavior you are decreasing.

a. For yourself:
Behavior to decrease: _____
Reinforcer to remove: _____
Punishing consequence to add: _____
New behavior and reinforcer: _____

b. For someone else:
Behavior to decrease: _____
Reinforcer to remove: _____
Punishing consequence to add: _____
New behavior and reinforcer: _____

2. Describe the situation(s) where you used extinction or punishment. (Circle which one you use.)
a. For yourself: _____
b. For someone else: _____

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Montefiore Einstein Medical Center

Jesse Finkelstein, PsyD,

Columbia University Irving Medical Center

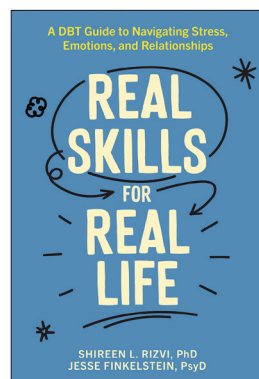
The core DBT skills are beautifully presented by two leading experts in this illustrated self-help guide. While many DBT books are available for the public, this is the first to combine impactful graphics, step-by-step explications, realistic examples, and decision trees pointing to which skills to try first and what to do next. It is designed for a broad audience, including general readers, therapy clients, and DBT-informed clinicians. With warmth, clarity, and humor, this book puts science-based skills like Wise Mind, Validation, Problem Solving, and Radical Acceptance within anyone's grasp—and sets readers on the path to a more confident, balanced, and fulfilling life.

"What a gem of a book! Rizvi and Finkelstein have distilled 26 DBT skills into bite-sized chunks with wonderful illustrations and graphics. Clients in DBT will find the summaries and accessible style extremely useful alongside their skills class. Therapists new to DBT will find this wonderful volume a great starting point for developing mastery of Linehan's life-changing skills."

—Michaela A. Swales PhD

"Drs. Rizvi and Finkelstein take skills from DBT and translate them into a salve for daily living. The book explains what skill to use when, how you can tell if it is working, and alternative skills for when it is not. Lively, clever images practically make the skills jump off the page."

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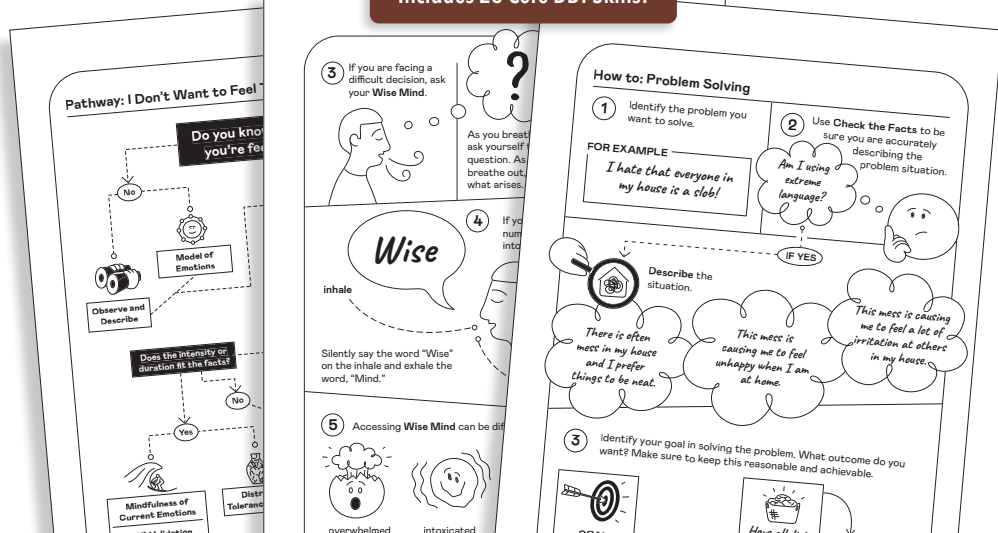
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Esme A. L. Shaller, PhD, University of California, San Francisco

Therapy-interfering behavior (TIB) is a key treatment target in DBT, second only to suicidal thinking and self-harm. This wise, engaging book gives clinicians everything they need to assess, understand, and address TIB both in clients and in themselves. Therapists learn how to orient clients to TIB and work with it effectively whenever it shows up, using a combination of validation, contingency management, and dialectics. Packed with clinical examples, dialogues, and practical tips, the book discusses the full range of DBT contexts, from individual therapy to skills class, phone coaching, and consultation teams.

"This book is sure to become a cornerstone of clinical training and supervision in DBT."

—Ashley Maliken, PhD

CONTENTS

1. Destigmatizing and Demystifying TIB
2. What Behaviors are TIBs?
3. The Skills and Principles Needed to Address TIB
4. Assessing Therapy-Interfering Behavior
5. How to Address TIB in Your Client
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Treating Eating Disorders with DBT

The MED-DBT Protocol

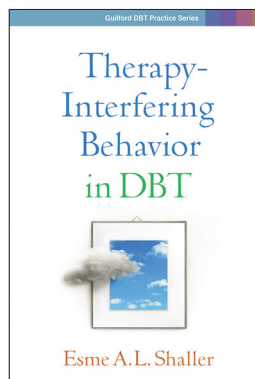
Anita Federici, PhD, FAED, York University, Canada

Lucene Wisniewski, PhD, Case Western University

This book presents a ground-breaking, evidence-informed adaptation of DBT for individuals with multidagnostic eating disorder (MED) presentations. The full DBT model—including individual therapy, skills training, phone coaching, and consultation team—is integrated with strategies for treating eating behaviors, body image, interoception, and medical instability. The book features rich case examples and a **reproducible/downloadable MED-DBT Diary Card**, as well as other useful tools.

"Federici and Wisniewski bring MED-DBT to life with the same clarity, warmth, and clinical brilliance they bring to their workshops.... This book is a 'must have.'"—Cynthia M. Bulik, PhD

CONTENTS: I. An Introduction to MED-DBT 1. The MED-DBT Program 2. Assessment for Treatment II. MED-DBT Theories and Treatment Assumptions 3. Introduction to the Adapted Biosocial Theory 4. The Adapted Biosocial Theory 5. Assumptions about MED-DBT Clients 6. Building Your MED-DBT Team 7. Dialectical Dilemmas in MED-DBT Treatment III. Getting Ready for Treatment 8. Laying the Foundation 9. Strengthening Commitment 10. The Life Worth Living Discussion 11. What to Target and When IV. The MED-DBT Protocol 12. Individual Session Structure 13. MED-DBT Diary Cards 14. Behavior-Chain Analysis and Missing-Links Analysis in MED-DBT 15. Considerations for Teaching DBT Skills 16. Adaptations for Phone Coaching 17. Contingency Management in MED-DBT 18. Consult Teams in MED-DBT 19. Transitions and Ending Well



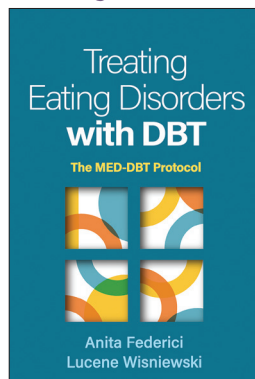
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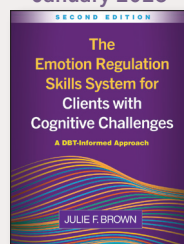
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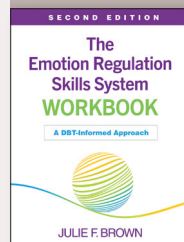
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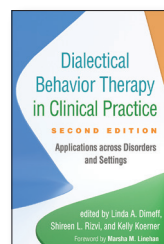
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Katherine Anne Comtois, PhD, MPH

Adam Carmel, PhD

—both at the University of Washington

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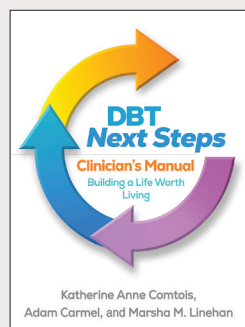
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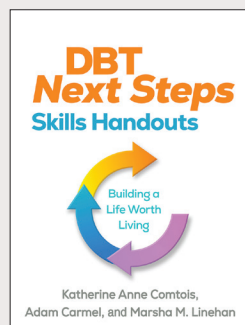
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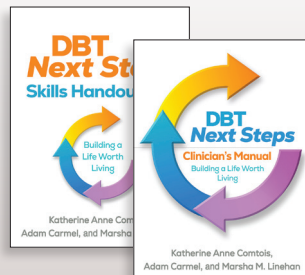
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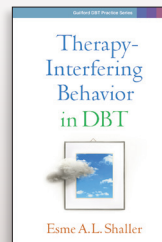
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