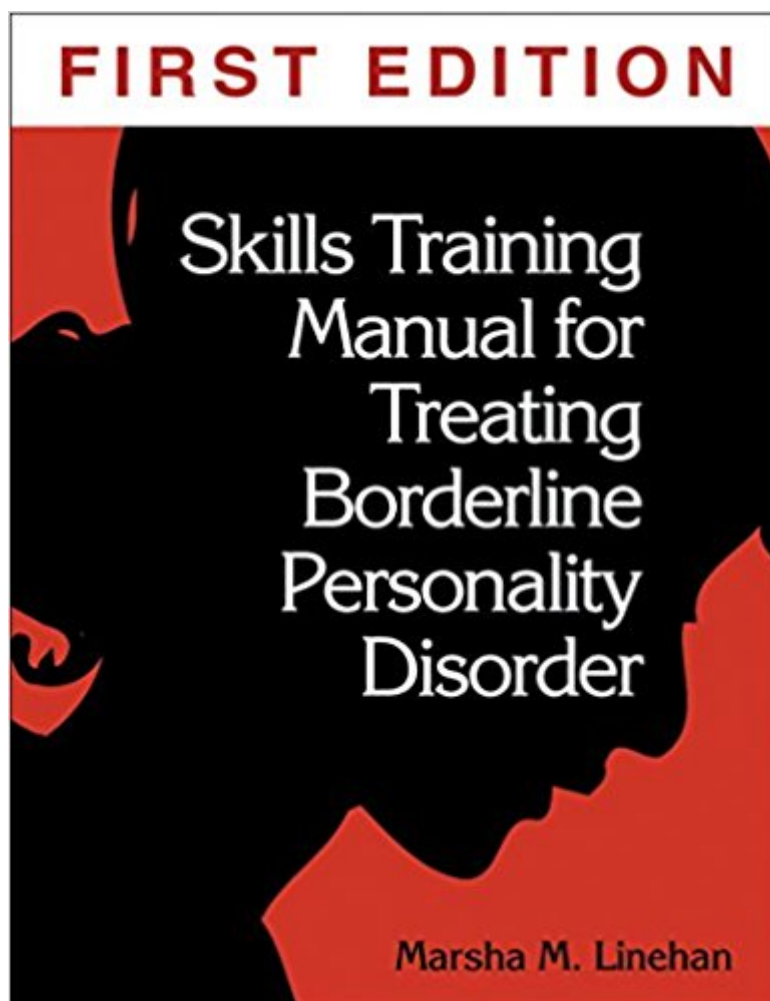


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# Skills Training Manual For Treating Borderline Personality Disorder



## Synopsis

Ã Â 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. 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*. Ã Â

## Book Information

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## Customer Reviews

"Marsha Linehan's tremendously in-depth and informative book and its companion skills-training manual offer a needed guide to the cognitive-behavioral treatment of borderline personality disorder....Her method has become so widely used by clinicians that the experts in psychosocial treatments consider it one of the best....Marsha Linehan's methods are highly eclectic because they

are empirically based; they have been fashioned to fit what works best for borderline patients."--Lester Luborsky, PhD "Dr. Linehan's approach is sensible, pragmatic, and effective. Most importantly, it offers the therapist a humane and sensitive perspective on persons with Borderline Personality Disorder. In short, it treats both the therapist and the client in a fashion that produces results."--Mark Ciocca, PhD, Central New Hampshire Community Mental Health Center  
"...user-friendly manual well grounded in principle, detailed in its strategies, and exportable to a wide range of treatment settings."--Charles R. Swenson, MD, New York Hospital, Westchester Division

Marsha M. Linehan, PhD, ABPP, is the developer of dialectical behavior therapy (DBT) and Professor of Psychology and of Psychiatry and Behavioral Sciences and Director of the Behavioral Research and Therapy Clinics at the University of Washington. Her primary research interest is in the development and evaluation of evidence-based treatments for populations with high suicide risk and multiple, severe mental disorders. Dr. Linehan's contributions to suicide research and clinical psychology research have been recognized with numerous awards, including the Gold Medal Award for Life Achievement in the Application of Psychology from the American Psychological Foundation and the James McKeen Cattell Award from the Association for Psychological Science. In her honor, the American Association of Suicidology created the Marsha Linehan Award for Outstanding Research in the Treatment of Suicidal Behavior. She is a Zen master and teaches mindfulness and contemplative practices via workshops and retreats for health care providers.

I spent 12 years of my life from my youth through my mid 20's, depressed, eating disordered, and suicidal. This program outlined in Marsha's book gave me my life back! If it were not for this program who knows where I would be or if I would still be. I recommend this book in conjunction with DBT individual therapy and DBT group therapy. I purchased this book because I wanted blank worksheets so that I could make more copies for myself and so that I could learn more in depth about the program beyond the worksheets that my therapist gave me. If you have severe mental health problems and make an honest commitment to this program then I promise it will be a life saver. For severe mental health issues though the book alone is not enough, you must go through the program with the guidance of a knowledgeable therapist. I even recommend this book for people with mild to moderate mental health problems, anyone could really benefit from it. I know a lot of programs in the mental health field promise results without delivering but trust me when I say that this program is like no other, it actually works! I now work in the mental health field myself so this

review is coming both from a patient's and a practitioners stand point.

This bible of Dialectical Behavioral Therapy is akin to a cookbook that allows for effective treatment for a very misunderstood segment of the population. Exercises and rationale for the exercises are contained in this manual and makes it easy to instruct those clients with Borderline Personality Disorder to regulate their emotions in an effective manner. I also find that many of the exercises can be applied universally as they are intended to help people with communication and emotion regulation skills. All in all a very valuable reference for psychotherapists dealing with clients with BPD.

Dealing with the person with a Borderline Personality Disorder is not easy, especially if this person is a relative. Marsha Linehan is probably one of the foremost expert on this subject. She presents a wealth of relevant information. I have not completely and carefully read the entire manual yet, but I intend to shortly. Note that I have read other BPD books, and I believe that this is the most comprehensive and helpful of all of the books that I have read.

This was recommended to me by a therapist when I expressed an interest in trying CBT... It reads like an instruction manual in a foreign language. Was way too intimidating to tackle... especially on my own as I was dealing with depression, anxiety, and other issues. May be helpful for people who have somebody to walk them through the manual.

A great book. It is directed more toward women as some reviews have indicated. However the disorder tends toward women as well. I am a guy and it didn't bother me at all, so I wouldn't let it put you off if you are a guy either. The book is geared to group therapy. I did not have access to group therapy and that was problematic for me. But the book was educational on the topic of borderline Personality Disorder. Worth the time and money.

"The Role of the Invalidating Environment in Emotion Dysregulation" (p.3) is the turnkey to this therapy. The CBT exercises about emotion regulation and stress tolerance are very good, but radical acceptance and mindfulness are what makes DBT therapy effective and revolutionary. Twelve step adherents will be familiar with these ideas too but the combination of modalities can provide something helpful for everyone. While initially written based on her work with women with suicidal behavior, like many new discoveries, DBT has proven to be effective for many different

disorders. A recent article in The Atlantic by D. Dobbs describes the "genetic vulnerability" model for those at risk for "depression, anxiety, ADHD, ... anti-social sociopathic or violent behaviors." The invalidating environment that Linehan stresses may be the deciding factor in what happens to these high-risk people, whether they become sociopaths, addicts, or "creative, successful, and happy people."

I have BPD and my therapist had me get this manual to go through even after I went to a course for BPD. I like the manual and have many notes in it and it has been helping me a lot. It helps to have a therapist go through this with you (or at least it does me) and I think that the skills in DBT and this manual are great for anyone.

If you're buying this book, it's most likely you need it for a course or for your own therapy. DBT helps improve interpersonal relationships, self awareness, lower anxiety levels and just gets you one step closer to better mental health. Book is being updated though, so don't spend all the money on this edition because it will be outdated in the next year UNLESS you are instructed to purchase and fully utilize this edition.

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