

Doing Dialectical Behavior Therapy A

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Dialectical behavior therapy (DBT) is expressly designed for, and shown to be effective with, clients with serious, multiple problems. Filled with vivid clinical illustrations, this volume provides an accessible introduction to DBT and demonstrates the nuts and bolts of implementation. Kelly Koerner is an experienced DBT clinician and trainer ...

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In this Article. Dialectical behavioral therapy (DBT) is a type of cognitive behavioral therapy. Cognitive behavioral therapy tries to identify and change negative thinking patterns and pushes for positive behavioral changes. DBT may be used to treat suicidal and other self-destructive behaviors.

Dialectical Behavioral Therapy for Mental Health Problems

Dialectical behavior therapy. Dialectical behavior therapy (DBT) is an evidence-based psychotherapy designed to help people suffering from borderline personality disorder. It has also been used to treat mood disorders as well as those who need to change patterns of behavior that are not helpful, such as self-harm, suicidal ideation,...

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