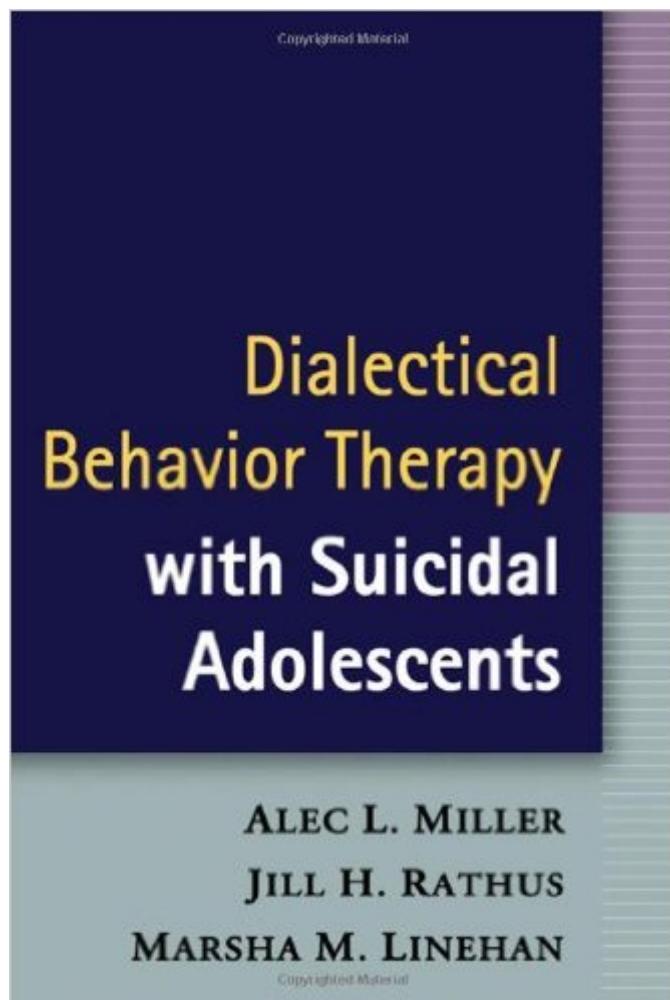


The book was found

# Dialectical Behavior Therapy With Suicidal Adolescents



## **Synopsis**

Filling a tremendous need, this highly practical book adapts the proven techniques of dialectical behavior therapy (DBT) to treatment of multiproblem adolescents at highest risk for suicidal behavior and self-injury. The authors are master clinicians who take the reader step by step through understanding and assessing severe emotional dysregulation in teens and implementing individual, family, and group-based interventions. Insightful guidance on everything from orientation to termination is enlivened by case illustrations and sample dialogues. Appendices feature 30 mindfulness exercises as well as lecture notes and 12 reproducible handouts for "Walking the Middle Path," a completely new DBT skills training module for adolescents and their families.

## **Book Information**

Hardcover: 346 pages

Publisher: The Guilford Press; 1 edition (November 16, 2006)

Language: English

ISBN-10: 1593853831

ISBN-13: 978-1593853839

Product Dimensions: 1.2 x 7.2 x 10 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ  (15 customer reviews)

Best Sellers Rank: #217,415 in Books (See Top 100 in Books) #91 inÂ  Books > Self-Help > Death & Grief > Suicide #92 inÂ  Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry > Child #371 inÂ  Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Psychiatry

## **Customer Reviews**

In today's world, life can be very hard for an adolescent, especially one who is battling mental disorders. Suicide is something that has become somewhat of an epidemic in our modern society as more and more suffering individuals turn to it. There are ways to prevent this and to help those considering it. This book is one of those ways. It uses the basis of Dialectical Behavior Therapy to re-shape the adolescent's thoughts into something healthier for both them and everyone around them. Dialectical Behavior Therapy (DBT) was originally created by Marsha Linehan to treat a mental disorder known as Borderline Personality Disorder, which she herself suffered from. DBT became such a success that it has been adapted for numerous other clinical populations. This version, written to help with suicidal adolescents, seeks to use these proven methods to save lives

and change the thoughts and behaviors that lead to suicidal thoughts. The dialectic part of DBT is about two seemingly conflicting philosophies. The first is that everything we feel is real and valid, and there's nothing wrong with it. The second is that sometimes, even though what we're feeling is valid, it is not healthy, and we therefore need to change it. This distinction can often be a difficult one, but DBT helps to illustrate it and why it's important. DBT is made up of 4 main skill sets: mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance. Each of these are a key aspect of the therapy and will contribute their own piece to changing the adolescent's negative thoughts and behaviors. Mindfulness involves being aware of oneself and ones surroundings.

[Download to continue reading...](#)

Dialectical Behavior Therapy with Suicidal Adolescents  
Dialectical Behavior Therapy Skills Training with Adolescents  
The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms  
The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook)  
The Dialectical Behavior Therapy Wellness Planner: 365 Days of Healthy Living for Your Body, Mind, and Spirit  
The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating  
Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control (New Harbinger Self-Help Workbook)  
Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy  
Doing Dialectical Behavior Therapy: A Practical Guide (Guides to Individualized Evidence-Based Treatment)  
DBT Made Simple: A Step-by-Step Guide to Dialectical Behavior Therapy (The New Harbinger Made Simple Series)  
The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks)  
ACT for Adolescents: Treating Teens and Adolescents in Individual and Group Therapy  
Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books)  
Group Work with Adolescents, Third Edition: Principles and Practice (Clinical Practice with Children, Adolescents, and Families)  
Infants, Children, and Adolescents (Berk & Meyers, The Infants, Children, and Adolescents Series, 8th Edition)  
Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials)  
Managing Suicidal Risk, Second Edition: A Collaborative Approach  
The Suicidal Mind Autopsy of a Suicidal Mind  
How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts)

[Dmca](#)