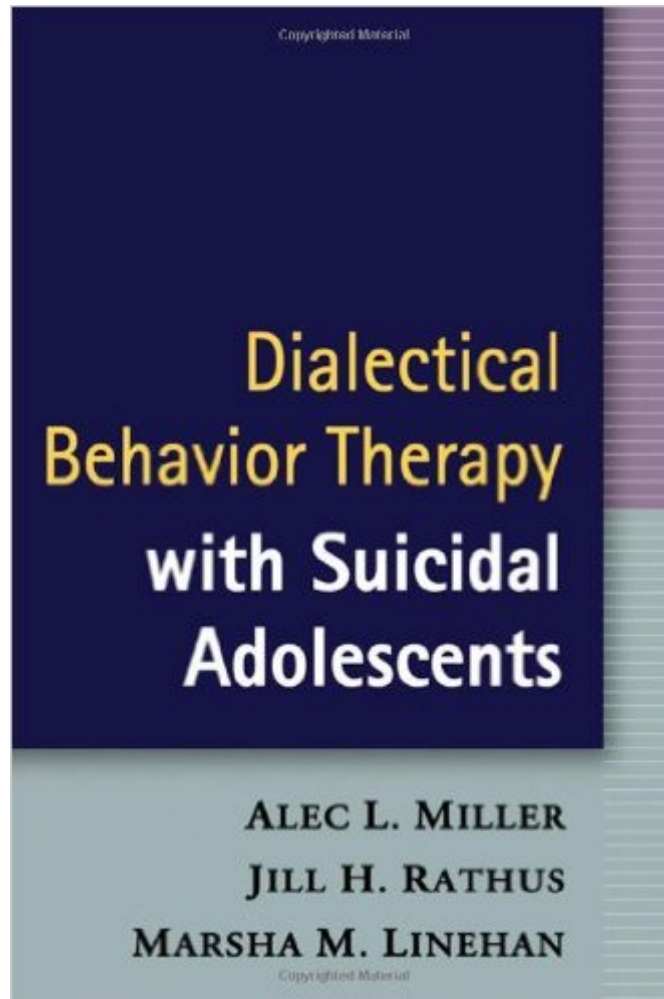


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# Dialectical Behavior Therapy With Suicidal Adolescents



## 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

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## 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 one's surroundings.

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