



## Product Order Form

### Videos & DVDs

#### Videos to Use with Clients

<b>DVD01</b>	<b>Opposite Action: Changing Emotions You Want to Change*</b> <i>In an intimate one-on-one session, Dr. Linehan coaches clients on skills that will help them to identify, manage, and change unjustified emotions.</i>	<b>\$49.00</b>
<b>DVD10</b>	<b>From Chaos to Freedom™ Set (Includes DVD02-DVD05)*</b> <i>This helpful and popular set of DVD's continues the intimate one-on-one coaching session with Dr. Linehan designed to help clients learn the Skills of DBT. These DVD's have also been used to teach therapists how to coach their clients in Skills Training</i>	<b>\$234.00</b>
<b>DVD02</b>	<b>Crisis Survival Skills, Part 1: Distracting &amp; Self-Soothing*</b>	<b>\$65.00</b>
<b>DVD03</b>	<b>Crisis Survival Skills, Part 2: Improving the Moment and Pros &amp; Cons*</b>	<b>\$65.00</b>
<b>DVD04</b>	<b>From Suffering to Freedom: Practicing Reality Acceptance*</b>	<b>\$65.00</b>
<b>DVD05</b>	<b>This One Moment: Skills for Everyday Mindfulness*</b>	<b>\$65.00</b>
<b>DVD11</b>	<b>From Chaos to Freedom™ Set - Client Loaner Set</b> <i>The same great content without the fancy packaging. Prior purchase of full-price set required to order. Please call to place your order</i>	<b>\$80.00</b>

#### Adaptations from the Deaf Perspective

Developed by the University of Rochester's Deaf Wellness Center, these DVD's are adaptations of Dr. Linehan's popular Chaos to Freedom videos. You will watch Skills Trainers discuss Opposite Action and Radical Acceptance in a hearing-impaired Skills Group. Each video has a spoken track and subtitles to accompany the dialogue in ASL (American Sign Language.)

<b>DVD06</b>	<b>Opposite Action: An Adaptation from the Deaf Perspective</b>	<b>\$49.00</b>
<b>DVD07</b>	<b>Radical Acceptance: An Adaptation from the Deaf Perspective</b>	<b>\$49.00</b>

#### Videos for Training Clinicians

##### Sitting in on Therapy with Marsha M. Linehan, Ph.D., ABPP

Recorded during a series of webcasts in 2003, you will watch Dr. Linehan in a role-played session with other DBT experts. These videos are perfect for clinicians who are interested in providing Individual Therapy in DBT and for those who assess and treat suicidal patients. Each series comes with a coded transcript of the session and a study guide that are included on the DVD in PDF format.

<b>DVD16</b>	<b>Series 1: Getting a New Client Connected to DBT</b> (set of 4 DVD's with a PDF transcript) <i>"Kelly" is a 35 year old, chronically suicidal woman with Borderline Personality Disorder. She was recently diagnosed and referred by her psychiatrist to the DBT Program. She is upset both about the diagnosis and having to participate in yet another treatment when all she really wants is medication for her depression.</i>	<b>\$252.00</b>
<b>DVD17</b>	<b>Series 2: Assessing and Treating Suicidal Behaviors</b> (set of 2 DVD's with a PDF transcript) <i>"Katie" is a 34 year old female who meets 8 out of 9 criteria for Borderline Personality Disorder. She was referred to DBT following two hospitalizations for near-lethal suicide attempts within eight weeks. She was given the choice of involuntary psychiatric commitment or out-patient DBT.</i>	<b>\$126.00</b>
<b>DVD18</b>	<b>NEW! DBT at a Glance: An Introduction to Dialectical Behavior Therapy</b> <i>This 3-hour video is a brief overview of Dialectical Behavior Therapy, led by DBT experts, Shari Manning, Ph.D. and Tony DuBose, Psy.D. Participants of our two-day trainings are encouraged to view this DVD prior to attending training.</i>	<b>\$35.00</b>

\*These titles may still be available on VHS. Please call BTECH at (206)675-8588 x121 for pricing and availability.  
All of our DVDs are formatted NTSC, which is compatible with all US and Canadian and most European and Australian DVD players.  
To find out whether this format is compatible with your DVD player, please consult your user's manual or ask your AV Department.

### Audio CDs

#### Great Mindfulness Exercises for Clients and Clinicians

<b>CD01</b>	<b>From Suffering to Freedom Through Acceptance</b> (2 CD set) <i>A great introduction to Mindfulness, with accompanying exercises, for anyone.</i>	<b>\$16.00</b>
<b>CD04</b>	<b>Live Mindfulness with Marsha M. Linehan, Ph.D., APBB</b> (set of CD05-CD08) <i>Recorded in Seattle at the 2004-2005 Dialectical Behavior Therapy Intensive Training Course©</i>	<b>\$48.00</b>
<b>CD05</b>	<b>Day 1: Observing Just This Moment</b>	<b>\$16.00</b>
<b>CD06</b>	<b>Day 2: From What to How</b>	<b>\$16.00</b>
<b>CD07</b>	<b>Day 3: Participating and Becoming</b>	<b>\$16.00</b>
<b>CD08</b>	<b>Day 4: Wise Mind: Being Able to Drop In</b>	<b>\$16.00</b>
<b>CD09</b>	<b>Putting Your Worries on a Shelf: Progressive Sensory Awareness and Muscle Relaxation</b> <i>Useful exercises that are beneficial to a variety of clients in Mindfulness practice.</i>	<b>\$16.00</b>

#### Mindfulness Teaching for Clinicians

<b>CD02</b>	<b>Walking Like Buffalo: Reflections on Mindfulness and DBT</b> <i>Recorded live at BTECH trainings in Denver in 2002 and San Francisco in 2003 – Marsha's Favorite CD!</i>	<b>\$16.00</b>
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#### Skills Coaching for Adolescent Clients

<b>CD03</b>	<b>The Wise Movement</b> <i>DBT Skills set to a mellow, hip-hop groove to help your adolescent clients remember their skills</i>	<b>\$20.00</b>
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For more information about any of our products or trainings, please visit [www.behavioraltech.org](http://www.behavioraltech.org).

**Books**

**Books Commonly Used in DBT Training**

<b>GP03</b>	<b>Cognitive Behavioral Treatment of Borderline Personality Disorder</b> <i>Author: Marsha M. Linehan, Ph.D., ABPP</i>	<b>\$70.00</b>
<b>GP04</b>	<b>Skills Training Manual for Treating Borderline Personality Disorder</b> <i>Author: Marsha M. Linehan, Ph.D., ABPP</i>	<b>\$45.00</b>
<b>GP06</b>	<b>Dialectical Behavior Therapy with Suicidal Adolescents (price change as of 7/1/09)</b> <i>Authors: Alec L. Miller, Psy.D., Jill H. Rathus, Ph.D., and Marsha M. Linehan, Ph.D., ABPP</i>	<b>\$45.00</b>
<b>GP09</b>	<b>Dialectical Behavior Therapy in Clinical Practice</b> <i>Editors: Linda Dimeff, Ph.D. and Kelly Koerner, Ph.D.</i>	<b>\$45.00</b>
<b>BB01</b>	<b>Don't Shoot the Dog!: The New Art of Teaching and Training</b> <i>Author: Karen Pryor</i>	<b>\$17.00</b>
<b>TF01</b>	<b>NEW! Dialectical Behavior Therapy: Distinctive Features</b> <i>Authors: Michaela A. Swales and Heidi L. Heard</i>	<b>\$17.97</b>

**Other Useful Reference Books for Clinicians**

<b>APA01</b>	<b>Behavioral Interventions in Cognitive Behavioral Therapy</b> <i>Authors: Alexander Chapman, Ph.D. and Richard Farmer, Ph.D.</i>	<b>\$59.95</b>
<b>GP05</b>	<b>Mindfulness and Acceptance: Expanding the Cognitive-Behavioral Tradition</b> <i>Editors: Steven C. Hayes, Ph.D., Victoria M. Follette, Ph.D., and Marsha M. Linehan, Ph.D.</i>	<b>\$42.00</b>
<b>GP07</b>	<b>Handbook of Emotion Regulation</b> <i>Editor: James J. Gross, Ph.D.</i>	<b>\$95.00</b>
<b>GP11</b>	<b>NEW! Dialectical Behavior Therapy for Binge Eating and Bulimia</b> <i>Authors: Debra Safer, MD, Christy Telch, Ph.D., and Eunice Chen, Ph.D.</i>	<b>\$35.00</b>
<b>NHP02</b>	<b>Overcoming Depression One Step at a Time</b> <i>Authors: Christopher Martell and Michael Addis</i>	<b>\$21.95</b>
<b>NHP03</b>	<b>The High-Conflict Couple: A DBT Guide to Finding Peace, Intimacy, and Validation</b> <i>Author: Alan E. Fruzzetti, Ph.D.</i>	<b>\$16.95</b>

**Books For Clients, Friends, and Family**

<b>NHP01</b>	<b>The Borderline Personality Disorder Survival Guide: Everything You Need to Know About Living with BPD</b> <i>Authors: Alexander Chapman and Kim Gratz</i>	<b>\$16.95</b>
<b>NHP04</b>	<b>NEW! Freedom from Self-Harm: Overcoming Self Injury with Skills from DBT and Other Treatments</b> <i>Author: Alexander Chapman and Kim Gratz</i>	<b>\$19.95</b>
<b>GP08</b>	<b>The Mindful Way Through Depression (book and CD)</b> <i>Authors: J. Mark, G. Williams, John D. Teasdale, Zindel V. Segal, and Jon Kabat-Zinn</i>	<b>\$19.95</b>
<b>GP10</b>	<b>Helping Teens Who Cut: Understanding and Ending Self-Injury</b> <i>Author: Michael Hollander, Ph.D.</i>	<b>\$14.95</b>
<b>BB02</b>	<b>NEW! Song of the Bird</b> <i>Author: Anthony DeMello</i>	<b>\$13.99</b>

**Treatments that Work**

*These are manual and workbook sets for other evidence-based treatments.*

<b>OUPG01</b>	<b>Mastery of Your Anxiety and Panic, 4<sup>th</sup> Ed. Therapist Guide</b>	<b>\$47.95</b>
<b>OUPW01</b>	<b>Mastery of Your Anxiety and Panic, 4<sup>th</sup> Ed., Client Workbook</b> <i>Authors: David H. Barlow, Ph.D. and Michelle G. Craske, Ph.D.</i>	<b>\$31.95</b>
<b>OUPG02</b>	<b>Overcoming Your Alcohol or Drug Problem, 2<sup>nd</sup> Ed. Therapists Guide</b>	<b>\$37.95</b>
<b>OUPW02</b>	<b>Overcoming Your Alcohol or Drug Problem, 2<sup>nd</sup> Ed, Client Workbook</b> <i>Authors: Dennis C. Daley, Ph.D. and G. Alan Marlatt, Ph.D.</i>	<b>\$27.95</b>
<b>OUPG03</b>	<b>Mastery of Your Fears and Phobias, 2<sup>nd</sup> Ed, Therapists Guide</b>	<b>\$41.95</b>
<b>OUPW03</b>	<b>Mastery of Your Fears and Phobias, 2<sup>nd</sup> Ed., Client Workbook</b> <i>Authors: Martin M. Anthony, Ph.D., Michelle G. Craskey, Ph.D., and David H. Barlow, Ph.D.</i>	<b>\$32.95</b>
<b>OUPG04</b>	<b>Prolonged Exposure Treatment for PTSD – Therapist Guide</b>	<b>\$37.95</b>
<b>OUPW04</b>	<b>Reclaiming Your Life From a Traumatic Experience – Client Workbook</b> <i>Authors: Edna Foa, Ph.d., Elizabeth Hembree, Ph.D. and Barbara Rothbaum, Ph.D.</i>	<b>\$22.95</b>
<b>OUPG05</b>	<b>Compulsive Hoarding and Acquiring – Therapist Guide</b>	<b>\$41.95</b>
<b>OUPW05</b>	<b>Compulsive Hoarding and Acquiring – Client Workbook</b> <i>Authors: Gail Stektee, Ph.D. and Randy Frost, Ph.D.</i>	<b>\$27.95</b>
<b>OUPG06</b>	<b>Mastery of Your Anxiety and Worry – Therapist Guide</b>	<b>\$39.95</b>
<b>OUPW06</b>	<b>Mastery of Your Anxiety and Worry – Client Workbook</b> <i>Authors: Michelle G. Craske, Ph.D. and David H. Barlow, Ph.D.</i>	<b>\$31.95</b>
<b>OUPG07</b>	<b>Masterying Your Adult ADHD – Therapist Guide</b>	<b>\$37.95</b>
<b>OUPW07</b>	<b>Mastering Your Adult ADHD - Client Workbook</b> <i>Authors: Steven A. Safren, Ph.D., Carol A. Perlman, Ph.D., Susan Sprich, Ph.D</i>	<b>\$31.95</b>

## Online Training

### Online Learning: DBT Skills Training Course

This highly interactive, self-paced course will teach participants each of the four main areas of DBT Skills (Mindfulness, Distress Tolerance, Interpersonal Effectiveness, and Emotion Regulation) along with an additional module on Skills Coaching to help you learn how to teach your clients to understand and practice the behaviors they learn in Skills Group. This course includes demonstrations in a simulated Skills Group including teaching points you can use, possible pitfalls in Skills Training, memorization exercises to help therapists and clients remember and use the Skills, and expert DBT therapist feedback and advice during practice sessions in the course. This course is designed for mental health professionals who are providing any mode of DBT or who are supporting a DBT team. It is an excellent way to train new team members and direct care staff, as well as strengthen the skills of existing team members.

### Online Learning: DBT Validation Principles and Strategies

When clients become emotionally upset, therapy can come to a halt. Clients who have multiple problems tend to be especially sensitive to emotional stimuli that can interfere with therapy. Validation strategies can help you and your client decrease emotional arousal and allow therapy to continue. Using lecture and in-session role-plays, this course will teach you about the definition and the six levels of validation in DBT, and how *self-constructs* and *self-verification theory* contribute to emotional arousal in clients.

### Online Learning: DBT Behavioral Chain Analysis

Chain analysis is all about getting a complete picture of what variables drive a behavior and finding out what reinforces the behavior over time. When done correctly, both the therapist and the client will have a snapshot of all of the variables at work during a problematic behavior. Once you have completed this course, you will be able to collaborate with your client to conduct a *behavioral chain analysis* that will highlight patterns in behavior, make informed hypotheses, and find new behaviors to put to work for them.

Individual Courses	1 month	3 months	6 months	12 months	Groups of 4-15	Groups of 15 or more
DBT Skills Training		\$400.00	\$500.00	\$600.00	\$400 per user for 12 months of access	<b>please call us at (206) 675-8588</b>
DBT Chain Analysis	\$120.00	\$160.00	\$200.00		\$120 per user for 6 months of access	
DBT Validation Strategies	\$60.00	\$80.00	\$100.00		\$60 per user for 6 months of access	
<b>Bundle Pricing</b>						
Chain Analysis & Validation			\$240.00		\$180 per user for 6 months of access	
DBT Skills, Chain Analysis & Validation				\$960.00	\$800 per user for 12 months of access	

Please visit [www.behavioraltech.org/ol](http://www.behavioraltech.org/ol) to see a demo version of this course and for additional CE information.

## BTECH Instructor-Led Trainings

Following is a sample of Behavioral Tech trainings. Please visit [www.behavioraltech.org](http://www.behavioraltech.org) for complete list of trainings, course objectives, and registration information. If you have any questions, please call our Customer Care Coordinator at (206) 675-8588 x121.

### Dialectical Behavior Therapy: Updates to Emotion Regulation and Crisis Survival Skills (2-Day Training)

March 29-30, 2010 San Francisco, CA Instructor: Marsha M. Linehan, Ph.D., ABPP  
 May 10-11, 2010 Needham, MA Instructor: Marsha M. Linehan, Ph.D., ABPP

### Coping with Chaos: Treating Multiple, Severe Disorders with Dialectical Behavior Therapy (2-Day Training)

March 3-4, 2010 New Canaan, CT Instructors: Haleh Ghanizadeh, M.D., M.P.H. & Christine Foertsch, Ph.D.

### Dialectical Behavior Therapy: Treating Adolescents with Multiple Problems (2-Day Training)

March 11-12, 2010 Atlanta, GA Instructors: Tony DuBose, Psy.D. & Michael Hollander, Ph.D.  
 June 3-4, 2010 Omaha, NE Instructors: Tony DuBose, Psy.D. & Michael Hollander, Ph.D.

### Dialectical Behavior Therapy: Treating Clients with BPD and Substance Use Disorders (2-Day Training)

May 3-4, 2010 Miami, FL Instructor: Linda Dimeff, Ph.D.  
 May 17-18, 2010 Baltimore, MD Instructor: Linda Dimeff, Ph.D.

### Beyond the Basics: DBT Individual Therapy in Action (2-Day Training)\*

March 1-2, 2010 Northampton, MA Instructor: Charles Swenson, M.D.  
 March 25-26, 2010 Los Angeles, CA Instructor: Tony DuBose, Psy.D.  
 May 20-21, 2010 Chicago, IL Instructor: Tony DuBose, Psy.D.  
 June 3-4, 2010 Northampton, MA Instructor: Charles Swenson, M.D.

### Beyond the Basics: DBT Skills Essentials in Action (2-Day Training)\*\*

March 18-19, 2010 Nashville, TN Instructor: Annie McCall, M.A., LMHC  
 April 15-16, 2010 Indianapolis, IN Instructor: Annie McCall, M.A., LMHC  
 May 13-14, 2010 Albuquerque, NM Instructors: Cedar Koons, MSW, LISW & Annie McCall, M.A., LMHC  
 June 7-8, 2010 Boise, ID Instructor: Annie McCall, M.A., LMHC

### Dialectical Behavior Therapy Intensive Training Course© (10-Day Training / By Application Only)

Part I: April 19-23, 2010 Seattle, WA Instructors: Marsha M. Linehan, Ph.D., ABPP & Shari Manning, Ph.D.  
 Part II: September 20-24, 2010  
 Part I: April 26-30, 2010 Los Angeles, CA Instructors: Tony DuBose, Psy.D. & Jennifer Waltz, Ph.D.  
 Part II: October 25-29, 2010

### Five-Day Foundational DBT Training Course (5-Day Training/By Application Only)

October 25-29, 2010 Holyoke, MA Instructors: Charles Swenson, M.D. & Shireen Rizvi, Ph.D.



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Orders are processed within 2 working days of receipt. To ensure prompt delivery, we ship via UPS for domestic orders and US Postal Service for international orders.

**Returns:**  
You may return any product within 30 days of delivery, if the product is in the original packaging and in the same condition as sold. All items returned must be accompanied by a Return Goods Authorization. To obtain a customer return number please contact our Customer Care Coordinator.  
Phone: (206) 675-8588  
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**Returned Check Policy:**  
For any returned check, the customer will be contacted via email or telephone and made aware of the situation. At the time of notification, the individual/agency will be given an opportunity and payment options to pay the amount in full including returned check fees (\$35.00 per returned check). Returned checks remaining unredeemed after 60 days may be forwarded to a collection agency with the customer bearing the additional collection cost.