



BEHAVIORAL TECH, LLC

Compassionate and scientifically valid treatments made available to every person with complex and severe mental disorders

Product Order Form

DVD and Streaming Video

Videos to Use with Clients

DVD01	Opposite Action: Changing Emotions You Want to Change* <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>	\$49.00
DVD10	From Chaos to Freedom™ Set (Includes DVD02-DVD05)* <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>	\$234.00
DVD02	Crisis Survival Skills, Part 1: Distracting & Self-Soothing*	\$65.00
DVD03	Crisis Survival Skills, Part 2: Improving the Moment and Pros & Cons*	\$65.00
DVD04	From Suffering to Freedom: Practicing Reality Acceptance*	\$65.00
DVD05	This One Moment: Skills for Everyday Mindfulness*	\$65.00
DVD11	From Chaos to Freedom™ Set - Client Loaner Set* <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>	\$80.00
SV01	NEW! The House of DBT <i>The House of DBT is a metaphor that is used to describe the stages of treatment in Dialectical Behavior Therapy (DBT). In this 18 minute video, Marsha Linehan, Ph.D., ABPP, the treatment developer of DBT speaks directly to clients about the stages of DBT and treatment. Customers will have the ability to view this streaming video from our website. Viewing access is unlimited, internet connection is required.</i>	\$9.95

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.)

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

Videos for Training Clinicians

DVD18	NEW! DBT at a Glance: An Introduction to Dialectical Behavior Therapy <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>	\$35.00
DVD20	NEW! Core Components of DBT, Vol. 1 : Conducting a Comprehensive Behavioural and Solution Analysis <i>In two unscripted role-plays, British clinicians Michaela Swales and Christine Dunkley demonstrate how to conduct a behavioral analysis and implement a comprehensive solution analysis.</i>	\$85.00

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.

DVD16	Series 1: Getting a New Client Connected to DBT (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>	\$252.00
DVD17	Series 2: Assessing and Treating Suicidal Behaviors (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>	\$126.00

*Some of these titles may still be available in VHS. Please visit our website, or call us at (206) 675-8588 for pricing and availability. All of our DVDs are formatted NTSC/ Region 0. Please consult your DVD players manual to determine if it is compatible with this format.

Audio CDs

Great Mindfulness Exercises for Clients and Clinicians

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

Mindfulness Teaching for Clinicians

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

CD03	The Wise Movement <i>Songs about using DBT Skills to help your adolescent clients.</i>	\$20.00
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Books

Books Commonly Used in DBT Training

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

Other Useful Reference Books for Clinicians

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

Books For Clients, Friends, and Family

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

Treatments that Work

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

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

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	please call us at (206) 675-8588
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	
Bundle Pricing						
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 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 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.

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

October 18-19, 2010 Minneapolis, MN Instructor: Marsha M. Linehan, Ph.D., ABPP
 December 6-7, 2010 Vancouver, WA Instructor: Marsha M. Linehan, Ph.D., ABPP

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

September 13-14 Denver, CO Instructors: Cedar Koons, MSW, LISW & Tony DuBose, Psy.D.
 September 20-21 Boston, MA Instructor: Charlie Swenson, M.D.
 October 7-8 Phoenix, AZ Instructors: Cedar Koons, MSW, LISW & Tony DuBose, Psy.D.
 October 14-15 Philadelphia, PA Instructors: Suzanne Witterholt, M.D. & Adam Payne, Ph.D.
 December 2-3 Los Angeles, CA Instructors: Lizz Dexter-Mazza, Psy.D. & Annie McCall, M.A., LMHC

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

September 27-28 Ann Arbor, MI Instructor: Alec Miller, Psy.D.
 October 14-15 Cleveland, OH Instructor: Alec Miller, Psy.D.
 October 28-29 San Francisco, CA Instructor: Adam Payne, Ph.D.

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

October 7-8 Portland, ME Instructors: Kathryn Korslund, Ph.D., ABPP & Jennifer Sayrs, Ph.D.
 November 4-5 Albuquerque, NM Instructors: Kathryn Korslund, Ph.D., ABPP & Jennifer Sayrs, Ph.D.

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

Part I: October 18-22, 2010 New Canaan, CT Instructors: Haleh Ghanizadeh, M.D., MPH & Adam Payne, Ph.D.
 Part II: March 7-11, 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.

Advanced Intensive Training Course in Dialectical Behavior Therapy (5-Day Training/ By Application Only)

August 16-20, 2010 Seattle, WA Instructors: Marsha M. Linehan, Ph.D, ABPP & Shari Manning, Ph.D.

*With additional online coursework, you may earn a *DBT Skills Training Fundamentals Certificate*. Please visit our website for additional details.

** With additional online coursework, you may earn a *DBT Individual Therapy Fundamentals Certificate*. Please visit our website for additional details.



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Credit Card Orders:

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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

E-mail: info@behavioraltech.org

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.