

General Readings for the Basics of DBT

Necessary Reading for DBT

Linehan, M. M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. New York: Guilford Press.

Linehan, M.M. (2015). *DBT Skills Training Manual* (2nd ed.). New York: Guilford Press.

Linehan, M.M. (2015). *DBT Skills Training Handouts and Worksheets* (2nd ed.). New York: Guilford Press.

Dimeff, L. & Koerner, K. (2007). *Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings*. New York: Guilford Press.

Miller, A.L., Rathus, J. H. & Linehan, M. M. (2006). *Dialectical Behavior Therapy with Suicidal Adolescents*. New York: Guilford Publications. (required if working with adolescents & families)

Rathus, J. H. & Miller, A.L. (2015). *DBT Skills Manual for Adolescents*. New York: Guilford Press. (required if working with adolescents & families)

Pryor, K. (1999). *Don't shoot the dog: The new art of teaching and training*. New York: Bantam Doubleday Dell Pub.

Ramnero, J. & Torneke (2008). *The ABCs of human behavior*. Oakland, CA: New Harbinger Publications.

Behavior Therapy

Barlow, D. H. (Ed.) (2007). *Clinical handbook of psychological disorders* (5th ed.). New York: Guilford Press.

Farmer, R.F. & Chapman, A.L. (2007). *Behavioral interventions in cognitive therapy: Practical guidance for putting theory into action*. American Psychological Association.

Exposure Therapy

Foa, E. B., Hembree, E., & Rothbaum, B. O. (2007). *Prolonged exposure therapy for PTSD: Emotional processing of traumatic experiences therapist guide (Treatments That Work)*. New York: Oxford Press.

General Resources

Aitken, R. (1982). *Taking the Path of Zen*. San Francisco: North Point Press. [MINDFULNESS]

Feil, N & de Klerk-Rubin, V. (2003). *V/F Validation: The Feil Method, How to Help Disoriented Old-Old*. Jasper, OR: Edward Feil Productions. ISBN 1-878169-00-9 [VALIDATION]

Linehan, M. M. (1997). Validation and psychotherapy. In A. Bohart & L. Greenberg (Eds.), *Empathy reconsidered: New directions in psychotherapy* (pp. 353-392). Washington, DC: American Psychological Association. [VALIDATION]

Linehan, M.M., & Schmidt, H. (1995). The dialectics of effective treatment of borderline personality disorder. In W. O. O'Donohue & L. Krasner (Eds.), *Theories in Behavior Therapy* (pp. 553-584). Washington D.C.: American Psychological Association. [DIALECTICS]

DBT Changes Lives.