



References for DBT Foundational & Intensive Training

- Abramowitz, J. S., Deacon, B. J., & Whiteside, S. P. H. (2019). *Exposure therapy for anxiety: principles and practice* (2nd ed.). The Guilford Press.
- American Psychiatric Association. (2003). *Practice Guidelines for the Assessment and Treatment of Patients with Suicidal Behaviors*. https://psychiatryonline.org/pb/assets/raw/sitewide/practice_guidelines/guidelines/suicide.pdf.
- Andreasson, K., Krogh, J., Wenneberg, C., Jessen, H. K. L., Krakauer, K., Gluud, C., Thomsen, R., Randers, L., & Nordentoft, M. (2016). Effectiveness Of Dialectical Behavior Therapy versus Collaborative Assessment And Management Of Suicidality Treatment For reduction of self-harm in adults with Borderline Personality Traits And Disorder-A randomized observer-blinded clinical trial. *Depression and Anxiety*, 33(6), 520–530. <https://doi.org/10.1002/da.22472>
- Bohus, M., Haaf, B., Stiglmayr, C., Pohl, U., Böhme, R., & Linehan, M. (2000). Evaluation of inpatient Dialectical-Behavioral Therapy for Borderline Personality Disorder — A prospective study. *Behaviour Research and Therapy*, 38(9), 875–887. [https://doi.org/10.1016/s0005-7967\(99\)00103-5](https://doi.org/10.1016/s0005-7967(99)00103-5)
- Bohus, M., Haaf, B., Simms, T., Limberger, M. F., Schmahl, C., Unckel, C., Lieb, K., & Linehan, M. M. (2004). Effectiveness of inpatient Dialectical Behavioral Therapy for Borderline Personality Disorder: A controlled trial. *Behaviour Research and Therapy*, 42(5), 487–499. [https://doi.org/10.1016/s0005-7967\(03\)00174-8](https://doi.org/10.1016/s0005-7967(03)00174-8)
- Bohus, M., Kleindienst, N., Hahn, C., Müller-Engelmann, M., Ludäscher, P., Steil, R., Fydrich, T., Kuehner, C., Resick, P., Stiglmayr, C., Schmahl, C., & Priebe, K. (2020). Dialectical Behavior Therapy for Posttraumatic Stress Disorder (DBT-PTSD) compared with Cognitive Processing Therapy (CPT) in complex presentations of PTSD in women survivors of childhood abuse. *JAMA Psychiatry*. <https://doi.org/10.1001/jamapsychiatry.2020.2148>
- Carmel, A., Templeton, E., Sorenson, S. M., & Logvinenko, E. (2018, March 5). Using the Linehan Risk Assessment and Management Protocol With a Chronically Suicidal Patient: A Case Report. <https://www.sciencedirect.com/science/article/pii/S1077722918300245>.
- Carter, G. L., Willcox, C. H., Lewin, T. J., Conrad, A. M., & Bendit, N. (2010). Hunter DBT project: Randomized controlled trial of Dialectical Behaviour Therapy in women with Borderline Personality Disorder. *Australian & New Zealand Journal of Psychiatry*, 44(2), 162–173. <https://doi.org/10.3109/00048670903393621>
- Courbasson, C., Nishikawa, Y., & Dixon, L. (2011). Outcome of Dialectical Behaviour Therapy for concurrent eating and substance use disorders. *Clinical Psychology & Psychotherapy*, 19(5), 434–449. <https://doi.org/10.1002/cpp.748>
- Coyle, T. N., Shaver, J. A., & Linehan, M. M. (2018). On the potential for iatrogenic effects of psychiatric crisis services: The example of Dialectical Behavior Therapy for adult women with Borderline Personality Disorder. *Journal of Consulting and Clinical Psychology*, 86(2), 116–124. <https://doi.org/10.1037/ccp0000275>
- Crosby, A.E., Ortega, L., & Melanson, C. (2011). *Self-Directed Violence Surveillance*. cdc.gov. <https://www.cdc.gov/violenceprevention/pdf/self-directed-violence-a.pdf>.
- DBT: An Evidence-Based Treatment. <https://behavioraltech.org/research/>.
- Dijk, S. V., Jeffrey, J., & Katz, M. R. (2013). A randomized, controlled, pilot study of Dialectical Behavior Therapy skills in a psychoeducational group for individuals with Bipolar Disorder. *Journal of Affective Disorders*, 145(3), 386–393. <https://doi.org/10.1016/j.jad.2012.05.054>
- Dimeff, L., McDavid, J., & Linehan, M. (1999). Pharmacotherapy for Borderline Personality Disorder: A review of the literature and recommendations for treatment. *Journal of Clinical Psychology in Medical Settings*, 6, 113–138.
- Dimeff, L. A., Rizvi, S. L., & Koerner, K. (2021). *Dialectical Behavior Therapy in clinical practice: Applications across disorders and settings*. The Guilford Press.
- Farmer, R. F., & Chapman, A. L. (2016). *Behavioral interventions in Cognitive Therapy: Practical guidance for putting theory into action* (2nd ed.). American Psychological Association.
- Fawcett, J. (2013). Suicide And Anxiety In DSM-5. *Depression and Anxiety*. <https://doi.org/10.1002/da.22058>
- Feigenbaum, J. D., Fonagy, P., Pilling, S., Jones, A., Wildgoose, A., & Bebbington, P. E. (2011). A real-world study of the effectiveness of DBT in the UK National Health Service. *British Journal of Clinical Psychology*, 51(2), 121–141. <https://doi.org/10.1111/j.2044-8260.2011.02017.x>

- Foa, E. B., Chrestman, K. R., & Gilboa-Schechtman, E. (2008). *Prolonged exposure therapy for adolescents with PTSD: Emotional processing of traumatic experiences* (Therapist Guide). Oxford University Press.
- Goodman, M., Carpenter, D., Tang, C.Y., Goldstein, K.E., Avedon, J., Fernandez, N., Mascitelli, K.A., Blair, N.J., New, A.S., Triebwasser, J., Siever, L.J., & Hazlett, E.A. (2014). Dialectical behavior therapy alters emotion regulation and amygdala activity in patients with borderline personality disorder. *Journal of Psychiatric Research*, 57, 108–116. <https://doi.org/10.1016/j.jpsychires.2014.06.020>
- Gross, J.J., & Thompson, R.A. (2007) Emotion regulation: Conceptual foundations in J.Gross(Ed). Handbook of emotion regulation. New York: Guilford Press.
- Gross, J.J. (1998). The emerging field of emotion regulation: An integrative review. *Review of General Psychology*, 2, 271-299.
- Haga, E., Aas, E., Grøholt, B., Tørmoen, A. J., & Mehlum, L. (2018). Cost-effectiveness of Dialectical Behaviour Therapy vs. enhanced usual care in the treatment of adolescents with self-harm. *Child and Adolescent Psychiatry and Mental Health*, 12(1). <https://doi.org/10.1186/s13034-018-0227-2>
- Harned, M. S., Korslund, K. E., & Linehan, M. M. (2014). A pilot randomized controlled trial of Dialectical Behavior Therapy with and without the Dialectical Behavior Therapy Prolonged Exposure protocol for suicidal and self-injuring women with Borderline Personality Disorder and PTSD. *Behaviour Research and Therapy*, 55, 7–17. <https://doi.org/10.1016/j.brat.2014.01.008>
- Harned, M.S., Chapman, A.L., Dexter-Mazza E.T., Murray A., Comtois K.A., & Linehan M.M. (2008). Treating co-occurring Axis I disorders in recurrently suicidal women with Borderline Personality Disorder: A 2-year randomized trial of Dialectical Behavior Therapy versus community treatment by experts. *Journal of Consulting and Clinical Psychology*, 76(6), 1068-75.
- Harned, M. S., Korslund, K. E., Foa, E. B., & Linehan, M. M. (2012). Treating PTSD in suicidal and self-injuring women with Borderline Personality Disorder: Development and preliminary evaluation of a Dialectical Behavior Therapy Prolonged Exposure Protocol. *Behaviour Research and Therapy*, 50(6), 381–386. <https://doi.org/10.1016/j.brat.2012.02.011>
- Harned, M. S., Korslund, K. E., & Linehan, M. M. (2014). Treatment Acceptability Measure--Adapted. *PsycTESTS Dataset*. <https://doi.org/10.1037/t44955-000>
- Heard, H. L., & Swales, M. A. (2016). *Changing behavior in DBT: Problem solving in action*. Guilford Press.
- Hirvikoski, T., Waaler, E., Alfredsson, J., Pihlgren, C., Holmström, A., Johnson, A., Ruck, J., Wiwe, C., Bothen, P., & Nordström, A.-L. (2011). Reduced ADHD symptoms in adults with ADHD after structured skills training group: Results from a randomized controlled trial. *Behaviour Research and Therapy*, 49(3), 175–185. <https://doi.org/10.1016/j.brat.2011.01.001>
- Koerner, K., & Linehan, M.M. (1997). Case formulation in Dialectical Behavior Therapy for Borderline Personality Disorder. In T. Eells (Ed.) *Handbook of Psychotherapy Case Formulation* (pp. 340-367). Guilford Press.
- Limbrunner, H. M., Ben-Porath, D. D., & Wisniewski, L. (2011). DBT telephone skills coaching with eating disordered clients: Who calls, for what reasons, and for how long? *Cognitive and Behavioral Practice*, 18(2), 186–195. <https://doi.org/10.1016/j.cbpra.2010.01.010>
- Lin, T.-J., Ko, H.-C., Wu, J. Y.-W., Oei, T. P., Lane, H.-Y., & Chen, C.-H. (2018). The effectiveness of Dialectical Behavior Therapy skills training group vs. Cognitive Therapy group on reducing depression and suicide attempts for Borderline Personality Disorder in Taiwan. *Archives of Suicide Research*, 23(1), 82–99. <https://doi.org/10.1080/13811118.2018.1436104>
- Linehan, M. M. & Heard, H.L. (1993). Impact of treatment accessibility on clinical course of parasuicidal patients: In reply to R.E. Hoffman. (Letter to the editor). *Archives of General Psychiatry*, 50, 157-158.
- Linehan, M. M. & Heard, H.L. (1999). Borderline personality disorder: Costs, course, and treatment outcomes. In N. Miller & K. Magruder (Eds.), *The cost-effectiveness of psychotherapy: A guide for practitioners, researchers and policymakers* (pp. 291-305). New York: Oxford Press.
- 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). American Psychological Association.
- Linehan, M. M., Armstrong, H. E., Suarez, A., Allmon, D., & Heard, H. L. (1991). Cognitive-behavioral treatment of chronically parasuicidal borderline patients. *Archives of General Psychiatry*, 48, 1060-1064.
- Linehan, M. M., Heard, H. L., & Armstrong, H. E. (1993). Naturalistic follow-up of a behavioral treatment for chronically parasuicidal borderline patients. *Archives of General Psychiatry*, 50, 971-974.
- Linehan, M. M., Schmidt, H., III, Dimeff, L. A., Craft, J. C., Kanter, J., & Comtois, K. A. (1999). Dialectical Behavior Therapy for patients with Borderline Personality Disorder and drug-dependence. *American Journal of Addictions*, 8, 279-292.
- Linehan, M. M., Rizvi, S. L., Shaw Welch, S., & Page, B. (2000). Psychiatric aspects of suicidal behaviour: Personality disorders. In K. Hawton & K. van Heeringen (Eds.), *International handbook of suicide and attempted suicide* (pp.147-178). Sussex, England: John Wiley & Sons.

- Linehan, M. M., Dimeff, L. A., Reynolds, S. K., Comtois, K. A., Shaw Welch, S., Heagerty, P., & Kivlahan, D. (2002). Dialectical Behavior Therapy versus comprehensive validation therapy plus 12-step for the treatment of opioid dependent women meeting criteria for Borderline Personality Disorder. *Drug Alcohol Dependence*, 67, 13-26.
- Linehan, M. M., Comtois, K. A., Murray, A. M., Brown, M. Z., Gallop, R. J., Heard, H. L., Korslund, K.E., Tutek, D.A., Reynolds, S.K., & Lindenboim, N. (2006). Two-year randomized controlled trial and follow-up of Dialectical Behavior Therapy vs therapy by experts for suicidal behaviors and Borderline Personality Disorder. *Archives of General Psychiatry*, 63, 757-766.
<https://doi.org/10.1001/archpsyc.63.7.757>
- Linehan, M. M., Bohus, M., & Lynch, T. (2007). Dialectical Behavior Therapy for pervasive emotion dysregulation. In Gross, J. (Ed.) *Handbook of Emotion Regulation* (pp. 581-605), Guilford Press, NY.
- Linehan, M. M., McDavid, J. D., Brown, M. Z., Sayrs, J. H. R., & Gallop, R. J. (2008). Olanzapine plus Dialectical Behavior Therapy for women with high irritability who meet criteria for Borderline Personality Disorder: A double-blind, placebo-controlled study. *Journal of Clinical Psychiatry*, 69, 999-1005.
- Linehan, M. M., Korslund, K. E., Harned, M. S., Gallop, R. J., Lungu, A., Neacsiu, A. D., McDavid, J., Comtois, K., & Murray-Gregory, A. M. (2015). Dialectical Behavior Therapy for high suicide risk in individuals with Borderline Personality Disorder. *JAMA Psychiatry*, 72(5), 475. <https://doi.org/10.1001/jamapsychiatry.2014.3039>
- Linehan, M. M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. Guilford Press.
- Linehan, M. M. (1997). Behavioral treatments of suicidal behaviors. In D. Stoff & J.J. Mann (Eds.), *Neurobiology of suicide* (pp.302-328). New York: Annals of the New Academy of Sciences.
- Linehan, M. M. (1997). Validation & psychotherapy. In A. Bohart & L. Greenberg (Eds.). *Empathy Reconsidered: New Directions in Psychotherapy* (pp. 353–392). American Psychological Association.
- Linehan, M. M. (1998). An illustration of Dialectical Behavior Therapy. *In Session Psychotherapy in Practice*, 4(2), 21-44.
- Linehan, M. M. (1999). Development, evaluation, and dissemination of effective psychosocial treatments: Levels of disorder, stages of care, and stages of treatment research. In M.G. Glantz & C.R. Hartel (Eds.), *Drug abuse: Origins and interventions* (pp. 367-394). Washington DC: American Psychological Association.
- Linehan, M. M. (2006). Suicide Attempt Self-Injury Interview (SASII): Development, reliability, and validity of a scale to assess suicide attempts and intentional self-injury. *Psychological Assessment*, 18(3), 303-312.
- Linehan, M. M. (2015). *DBT Skills Training Manual* (2nd ed.). The Guilford Press.
- Linehan, M. M. (2015). *DBT Skills Training Handouts and Worksheets* (2nd ed.). The Guilford Press.
- Linehan, M. M. (2015). Dialectical Behavior Therapy for high Suicide Risk in Individuals with Borderline Personality Disorder A Randomized Clinical Trial and Component Analysis. *JAMA Psychiatry*, 475–482.
- Linehan, M. M. (2016). *Linehan Risk Assessment and Management Protocol (LRAMP)*. <http://depts.washington.edu/uwbtrc/wp-content/uploads/LSSN-LRAMP-v1.0.pdf>.
- McMMain, S. F., Links, P. S., Gnam, W. H., Guimond, T., Cardish, R. J., Korman, L., & Streiner, D. L. (2009). A Randomized Trial of Dialectical Behavior Therapy Versus General Psychiatric Management for Borderline Personality Disorder. *American Journal of Psychiatry*, 166(12), 1365–1374. <https://doi.org/10.1176/appi.ajp.2009.09010039>
- Mehlum, L., Tørmoen, A. J., Ramberg, M., Haga, E., Diep, L. M., Laberg, S., Larsson, B.S., Stanley, B.H., Miller, A.L., Sund, A.M., & Grøholt, B. (2014). Dialectical Behavior Therapy for adolescents with repeated suicidal and self-harming behavior: A randomized trial. *Journal of the American Academy of Child & Adolescent Psychiatry*, 53(10), 1082–1091. <https://doi.org/10.1016/j.jaac.2014.07.003>
- Mehlum, L., Ramberg, M., Tørmoen, A. J., Haga, E., Diep, L. M., Stanley, B. H., Miller, A.L., Sund, A.M., & Grøholt, B. (2016). Dialectical Behavior Therapy compared with enhanced usual care for adolescents with repeated suicidal and self-harming behavior: Outcomes over a one-year follow-up. *Journal of the American Academy of Child & Adolescent Psychiatry*, 55(4), 295–300. <https://doi.org/10.1016/j.jaac.2016.01.005>
- Mehlum, L., Ramleth, R. K., Tørmoen, A. J., Haga, E., Diep, L. M., Stanley, B. H., Miller, A.L., Larsson, B., Sund, A.M., & Grøholt, B. (2019). Long term effectiveness of Dialectical Behavior Therapy versus enhanced usual care for adolescents with self-harming and suicidal behavior. *Journal of Child Psychology and Psychiatry*, 60(10), 1112–1122. <https://doi.org/10.1111/jcpp.13077>
- Miller, A. L., Rathus, J. H., & Linehan, M. M. (2007). *Dialectical behavior therapy with suicidal adolescents*. Guilford Publications.
- Motto, J. A., & Bostrom, A. G. (2001). A randomized controlled trial of postcrisis suicide prevention. *Psychiatric Services*, 52(6), 828–833. <https://doi.org/10.1176/appi.ps.52.6.828>
- Neacsiu, A.D., Rizvi, S.L., & Linehan, M. (2010). Dialectical Behavior Therapy skills use as a mediator and outcome of treatment for Borderline Personality Disorder. *Behaviour Research and Therapy*, 48(9), 832-839.

- Neacsiu, A. D., Eberle, J. W., Kramer, R., Wiesmann, T., & Linehan, M. M. (2014). Dialectical Behavior Therapy skills for transdiagnostic emotion dysregulation: A pilot randomized controlled trial. *Behaviour Research and Therapy*, 59, 40–51. <https://doi.org/10.1016/j.brat.2014.05.005>
- Office of the Surgeon General (US). Strategic Direction 3: Treatment and Support Services. 2012 National Strategy for Suicide Prevention: Goals and Objectives for Action: A Report of the U.S. Surgeon General and of the National Action Alliance for Suicide Prevention. <http://www.ncbi.nlm.nih.gov/books/NBK109922/>.
- Peters, D. H., Adam, T., Alonge, O., Agyepong, I. A., & Tran, N. (2013). Implementation research: What it is and how to do it. *BMJ*, 347, 1–7. <https://doi.org/https://doi.org/10.1136/BMJ.F6753>
- Priebe, S., Bhatti, N., Barnicot, K., Bremner, S., Gaglia, A., Katsakou, C., Molosankwe, I., McCrone, P., & Zinkler, M. (2012). Effectiveness and cost-effectiveness of Dialectical Behaviour Therapy for self-harming patients with Personality Disorder: A pragmatic randomised controlled trial. *Psychotherapy and Psychosomatics*, 81(6), 356–365. <https://doi.org/10.1159/000338897>
- Pryor, K. (2002). *Don't shoot the dog: The new art of teaching and training* (Revised edition). Ringpress Books Ltd.
- Ramnerö, J., & Törneke, N. (2008). *The ABCs of human behavior: Behavioral principles for the practicing clinician*. New Harbinger Publications.
- Rogers, C. R. (1951). *Client-centered therapy; its current practice, implications, and theory*. Houghton Mifflin.
- Ruocco, A. C., Rodrigo, A. H., Mcmain, S. F., Page-Gould, E., Ayaz, H., & Links, P. S. (2016). Predicting treatment outcomes from prefrontal cortex activation for self-harming patients with Borderline Personality Disorder: A preliminary study. *Frontiers in Human Neuroscience*, 10. <https://doi.org/10.3389/fnhum.2016.00220>
- Sayrs, J. H. R., & Linehan, M. M. (2019). *DBT teams: Development and practice*. The Guilford Press.
- Schmidt, P.G. SUICIDE PREVENTION VETERANS MODULE. <https://www.doh.wa.gov/Portals/1/Documents/2300/2016/689NonDOH.pdf>.
- Schmitt, R., Winter, D., Niedtfeld, I., Herpertz, S. C., & Schmahl, C. (2016). Effects of psychotherapy on neuronal correlates of reappraisal in female patients with Borderline Personality Disorder. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*, 1(6), 548–557. <https://doi.org/10.1016/j.bpsc.2016.07.003>
- Soler, J., Pascual, J. C., Tiana, T., Cebrià, A., Barrachina, J., Campins, M. J., Gich, I., Alvarez, E., & Pérez, V. (2009). Dialectical Behaviour Therapy skills training compared to standard group therapy in Borderline Personality Disorder: A 3-month randomised controlled clinical trial. *Behaviour Research and Therapy*, 47(5), 353–358. <https://doi.org/10.1016/j.brat.2009.01.013>
- Suicide Prevention, Information, and Awareness. (2020, August 1). <http://www.save.org/>.
- Swales, M.A. (Ed.). (2019). *The Oxford Handbook of Dialectical Behaviour Therapy*. Oxford University Press.
- The Joint Commission. (2016, February 24). *New Sentinel Event Alert on Preventing Suicide in Health Care Settings* [Press release]. https://jointcommission.new-media-release.com/2016_sea_suicide/.
- Vaiva, G., Ducrocq, F., Meyer, P., Mathieu, D., Philippe, A., Libersa, C., & Goudemand, M. (2006). Effect of telephone contact on further suicide attempts in patients discharged from an emergency department: Randomised controlled study. *Bmj*, 332(7552), 1241–1245. <https://doi.org/10.1136/bmj.332.7552.1241>
- Verheul, R., Louise M. C. Van Den Bosch, Koeter, M. W. J., Ridder, M. A. J. D., Stijnen, T., & Brink, W. V. D. (2003). Dialectical Behaviour Therapy for women with Borderline Personality Disorder. *British Journal of Psychiatry*, 182(2), 135–140. <https://doi.org/10.1192/bjp.182.2.135>
- Wolbert, R. (2017). Modifying Behaviour Therapy to meet the challenge of treating Borderline Personality Disorder. In M. Swales (Ed.) *The Oxford Handbook of Dialectical Behaviour Therapy*, 90-106. <https://doi:10.1093/oxfordhb/9780198758723.013.5>
- Wunsch, E.-M., Kliem, S., & Kröger, C. (2014, September). Population-based cost-offset estimation for the treatment of Borderline Personality Disorder: Projected costs in a currently running, ideal health system. <http://www.ncbi.nlm.nih.gov/pubmed/25014129>.
- Interventions for Suicide Risk. Zero Suicide. <http://zerosuicide.edc.org/toolkit/treat>.

2021.04.12 15:11:34