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**Marsha Linehan,
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Linehan--the
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comprehensive
resource provides
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implementing DBT
skills training. The
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teaching notes,

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Plus

handouts, and worksheets used for over two decades by hundreds of thousands of practitioners have been significantly revised and expanded to reflect important research and clinical advances.

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Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients learning dialectical behavior therapy (DBT) skills, and those who treat

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them. All of the handouts and worksheets discussed in

Marsha M.

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introductions to each module

written expressly

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The DBT-LBC
Clinician
Certification,
established in
2014,
demonstrates that
clinicians have the
requisite

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knowledge and skills to deliver DBT with adherence to the model as developed by Dr. Marsha Linehan and colleagues. DBT Program Certification, established in 2016 demonstrates that programs have the necessary components to

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deliver DBT with
fidelity to the
model.

Training Manual

Founded by Marsha
Linehan -

Behavioral Tech -
Training ...

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training. marsha
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provides a
comprehensive and

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comprehensive
pathway for
students to see
progress after the
end of each
module.

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09/2020

It's been an
exciting start to the
year so far with
news of the new

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release from
Professor Marsha
Linehan, a world
renowned
psychologist who
developed
Dialectical
Behaviour Therapy.
Her new memoir,
“Building a Life
Worth Living”,
which is now
available to
purchase on

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Amazon, goes into how her life began to spiral downward from just eighteen years old – from popular teenager to suicidal young woman, to how she then combined acceptance of the self and ways to change and later develop DBT.

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Try the 9-0 meditation practice. Breathe in deeply and breathe out slowly, saying in your mind the number 9. On the next breath out, say 8; then say 7; and so on until you breathe out saying 0. Then start over, but this time start

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with 8 (instead of 9) as you breathe out, followed by 7, and so on until you reach 0.

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The essential
Dialectical
Behavior Therapy
skills are

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categorized into
the four skill
modules as
outlined below. We
won't go into all of
them in detail, but
these are the main
skills and
techniques applied
in DBT.

Interpersonal
Effective Skills 1)
Objectiveness
Effectiveness

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“DEAR MAN” Skills:
Describe; Express;
Assert; Reinforce;
Mindful;

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receive psycho-
educational skills

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training in five
areas: mindfulness
(to improve control
of attention and
the mind),
interpersonal skills
and conflict
management,
emotional
regulation, distress
tolerance, and self
management.

Linehan DBT

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about. From
Marsha M.
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worksheets used for over two decades by hundreds of thousands of practitioners have been significantly revised and expanded to reflect important research and clinical advances.

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