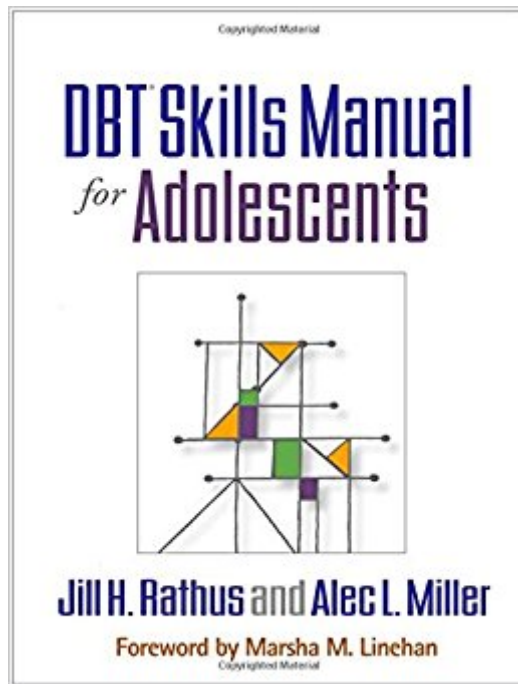




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# DBT® Skills Manual For Adolescents



## Synopsis

From leading experts who have trained thousands of professionals in dialectical behavior therapy (DBT), this manual provides indispensable tools for treating adolescents with emotional or behavioral problems of any level of severity. Clinicians are guided step by step to teach teens and parents five sets of skills: Mindfulness, Distress Tolerance, Walking the Middle Path (a family-based module developed by the authors specifically for teens), Emotion Regulation, and Interpersonal Effectiveness. Designed for optimal clinical utility, the book features session outlines, teaching notes, discussion points, examples, homework assignments, and 85 reproducible handouts, in a large-size format for easy photocopying. Purchasers also get access to a Web page where they can download and print the reproducible materials. See also the authors' *Manual of Dialectical Behavior Therapy with Suicidal Adolescents* (with Marsha M. Linehan), which delves into skills training and other DBT components for those at highest risk.

## Book Information

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## Customer Reviews

"Make no mistake: Rathus and Miller are the experts on adolescent DBT. No clinicians in this rapidly expanding field better know the ins and outs of working with teens. This volume reveals in fine detail how to deliver this treatment to teens and their families in a way that will engage them, reach them, and offer them hope. This skills manual is an essential addition to their body of work, likely to make clinicians' jobs easier while enhancing outcomes, and sure to touch many lives."--from the Foreword by Marsha M. Linehan, PhD, ABPP, Director, Behavioral Research and Therapy Clinics,

University of Washington "This book is a 'must' for beginners learning DBT in classrooms and in practice environments, and also includes many helpful gems for seasoned DBT clinicians. The skill descriptions, exercises, discussion points, and homework assignments reflect a deep understanding of the developmental problems and needs of teens and their parents. The skills are put into everyday, understandable situations, making this an incredibly useful manual. My copy will be dog-eared within weeks!"--Alan E. Fruzzetti, PhD, Department of Psychology, University of Nevada, Reno "Rathus and Miller are excellent clinicians and gifted writers who have once again teamed up to write a practical, relevant manual. I became absorbed by the book's content and clarity. It is practical in a way that helps clinicians speak to adolescents with compassion and work with them effectively. Accessible instruction is provided for applying DBT skills to a broad range of complex and maladaptive adolescent behaviors. The skills are presented with maximal utility and a minimum of jargon. For anyone working with adolescents, this is the most comprehensive DBT manual yet."--Blaise Aguirre, MD, Medical Director, 3East DBT Program, McLean Hospital; Department of Psychiatry, Harvard Medical School "Rathus and Miller have led the way in extending DBT to the world of adolescents. Now these true treatment pioneers provide a clear and efficient package for clinicians who want to implement the approach. DBT gives struggling teens and their families the crucial opportunity to learn skills and strategies for building a brighter future. This is a 'must-have' resource for mental health providers."--Perry D. Hoffman, PhD, Co-Founder and President, National Education Alliance for Borderline Personality Disorder "This amazing book is absolutely invaluable for clinicians who treat adolescents struggling to control their emotions and behavior. Written by the world's leading authorities on this topic, this manual outlines the state of the art in adolescent DBT, and does so in a way that is clear, accessible, and easy to implement. This is one of those rare books that every clinician should own--and use."--Matthew K. Nock, PhD, Department of Psychology, Harvard University "Self-harm and other high-risk behaviors in teenagers represent huge challenges to families and health care professionals. This manual offers an exceptional and creative set of practical tools that really work and that are well accepted by teens and their parents. If you treat adolescents with problems regulating their emotions and behaviors, this volume is indispensable."--Lars Mehlum, MD, PhD, Professor of Psychiatry and Suicidology, University of Oslo, Norway "There is a wealth of information that defines DBT for adolescents and explains what it addresses. The individual sessions outlined are very helpful. I think any school social worker who read through the (several) activities and handouts would feel enthusiastic about how practical and helpful the skills are. The sessions are laid out in an organized manner with suggestions about where leaders should jump in. The details, handouts, and activities

are very valuable. – (School Social Work Journal 2016-04-01)

Jill H. Rathus, PhD, is Professor of Psychology at Long Island University Post, where she directs the DBT scientist-practitioner training program within the clinical psychology doctoral program. She is also Co-Director and Co-Founder of Cognitive Behavioral Associates, a group private practice in Great Neck, New York, specializing in DBT and cognitive-behavioral therapy (CBT). Her clinical and research interests include DBT, CBT, adolescent suicidality, intimate partner violence, anxiety disorders, and assessment. Dr. Rathus has developed and conducted programs in DBT for adolescents and adults as well as males referred for intimate partner violence, and has received foundation and university funding to study, adapt, and develop assessment tools for DBT. She has published numerous peer-reviewed articles and chapters on DBT, adolescent suicide, couple therapy, intimate partner violence, personality disorders, assessment, and anxiety disorders. She is the coauthor of books including DBT® Skills in Schools, DBT® Skills Manual for Adolescents, and Dialectical Behavior Therapy with Suicidal Adolescents. Alec L. Miller, PsyD, is Co-Founder and Clinical Director of Cognitive and Behavioral Consultants, White Plains and New York, New York, and Clinical Professor of Psychiatry and Behavioral Sciences at Montefiore Medical Center/Albert Einstein College of Medicine, Bronx, New York. Dr. Miller served for over 20 years as Professor of Clinical Psychiatry and Behavioral Sciences, Chief of Child and Adolescent Psychology, Director of the Adolescent Depression and Suicide Program, and Associate Director of Psychology Training at Montefiore Medical Center. He is a scientific advisor to the American Foundation of Suicide Prevention and the National Educational Alliance of Borderline Personality Disorder, a Fellow of the American Psychological Association, and past Chair of the International Society for the Improvement and Training of DBT. He has published numerous peer-reviewed journal articles, book chapters, and books on topics including DBT, adolescent suicide, childhood maltreatment, and borderline personality disorder. He is the coauthor of DBT® Skills in Schools, DBT® Skills Manual for Adolescents, and Dialectical Behavior Therapy with Suicidal Adolescents. He has conducted over 400 lectures and workshops around the world, training thousands of mental health professionals in DBT.

Very useful tool! Came with instructions for a digital download so that you don't have to destroy the binding to make copies. Helpful for anyone working with adolescents.

This is a very good curriculum, and I would recommend for those teaching DBT to teens. Drs.

Rathus and Miller are excellent psychologists and highly respected in the DBT community. They are also exceptional trainers, and I would recommend going to their adolescent skills training seminars. However, as a psychologist who has been teaching out of this book (as well as Dr. Linehan's second edition skills book), I have noticed overall I prefer Dr. Linehan's new manual (which is written for adolescents as well as adults). This is written more as one would speak verbatim. Dr. Linehan's book offers additional concepts, examples, and discussion points. I do like the worksheets and handouts at times over the other curriculum though because they are more child/teen friendly. My staff also enjoy teaching out of this curriculum because it is very straightforward and easy to understand. In my opinion it is a must have for adolescent psychologists as a supplement to Dr. Linehan's books.

I have both the manual and e-book. The content is outstanding and very worthwhile to use with adolescents on up. However, the e-book is worthless if you bought it to use for hand-outs. You can't print kindle e-books which I've never tried before but wanted to use this manual to directly print the hand-out pages. No such luck and the forums will tell you this though there are some work arounds. I will need to slap the manual on the copier and do it the old fashion way.

This book is amazing, fantastic tool to use in therapy if you already have some DBT experience. Very informational, with formation of a group, and with handouts, a few people kept talking about a website where you can download/print handouts, I have yet to find that just got book yesterday and haven't fully read through just yet.... I'd give more stars but the book which I purchased new came filthy, had dirt all over it, even though was in plastic wrap, and took 20 minutes to clean it all off. Looked used to be honest. Not happy about that. That's reason for low stars.

This is designed for use in a group setting, not individual therapy. Takes some time to adjust for individuals.

I work at a mental health center. Our DBT therapist run groups for adolescents. One of the therapists bought this book personally. It was so utilized for ideas in the group that we bought agency copies.

The DBT content is very good for the right population of individuals and this manual includes all of the information necessary to structure groups for this age group. The handouts are well tailored for

the age group, which helps make this very user friendly.

This book is phenomenal and a wonderful update to the original. Clear explanations of each skill and the rationale behind them. Also, the additional/optional skills are very helpful and again, very well explained. This book is really a must if you are, or are planning to, run DBT skills groups with adolescents.

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