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Titolo	The dialectical behavior therapy primer [[electronic resource]] : how DBT can inform clinical practice // Beth S. Brodsky, Barbara Stanley
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Descrizione fisica	1 online resource (266 p.)
Altri autori (Persone)	StanleyBarbara <1949-2023.>
Disciplina	616.85/852
Soggetti	Borderline personality disorder - Treatment Cognitive therapy
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction -- When DBT is indicated : the patients, the clinicians and the evidence -- BPD : treatable or untreatable? -- BPD : diagnosis, stigma and phenomenology -- Understanding and treating self-harm behaviors in BPD -- The ABC's of DBT : theory -- The ABC's of DBT : overview of the treatment -- Commitment and goal setting -- The DBT tool kit : the essential DBT strategies and what happens in the individual session -- Skills training : the rationale and structure -- Skills training : the four skill modules -- Between session contact and observing limits -- Management of suicidal behavior -- The safety planning intervention -- The three C's of consultation -- DBT case formulation -- Beyond target 1 : therapy and quality of life interfering behaviors -- The end of treatment.
Sommario/riassunto	Dialectical Behavior Therapy (DBT) has quickly become a treatment of choice for individuals with borderline personality disorder and other complicated psychiatric conditions. Becoming proficient in standard DBT requires intensive training and extensive supervised experience. However, there are many DBT principles and procedures that can be readily adapted for therapists conducting supportive, psychodynamic, and even other forms of cognitive behavioral treatments. Despite this, there is a dearth of easily accessible reading material for the busy

clinician or novice. This new book provid
