
Marsha Linehan Skills Training Manual

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Marsha M. Linehan Marsha M. Linehan, PhD, ABPP, the developer of dialectical behavior therapy (DBT), is Professor Emeritus of Psychology and Director Emeritus of the Behavioral Research and Therapy Clinics at the University of Washington.

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"Marsha Linehan's tremendously in-depth and informative book and its companion skills-training manual offer a needed guide to the cognitive-behavioral treatment of borderline personality disorder.... Her method has become so widely used by clinicians that the experts in psychosocial treatments consider it one of the best.... Marsha Linehan's methods are highly eclectic because they are empirically based; they have been fashioned to fit what works best for borderline patients." -- Lester Luborsky ...

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In the DBT Skills Training Manual (Third Edition), Marsha Linehan has added a great wealth of additional skills to the Dialectical Behavior Therapy program - despite the original version having already helped a great number of people suffering with Borderline Personality Disorder.

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This is the essential manual for DBT. As someone who's led a skills-training group, been through the intensive etc. I find with each read my understanding of the skills--mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance--and how to apply them in my own life and present to others grows.

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