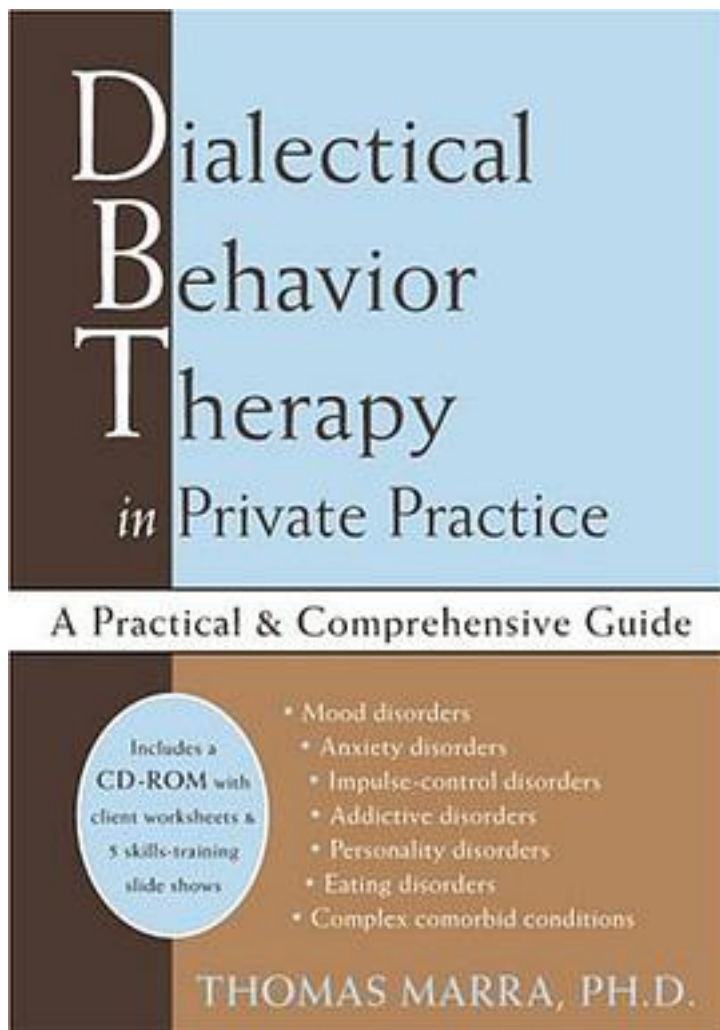


Dialectical Behavior Therapy in Private Practice



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著者:Thomas Marra

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A noted expert in dialectical behaviour therapy translates this revolutionary new

therapy into techniques professionals can integrate into their private practices. The book includes step-by-step instruction on how to use techniques such as distress tolerance, mindfulness-based practices, self-soothing exercises, and emotional regulation. This is the first book written for professionals in private practice to offer training in the practical applications of DBT for major psychological disorders.

作者介绍:

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