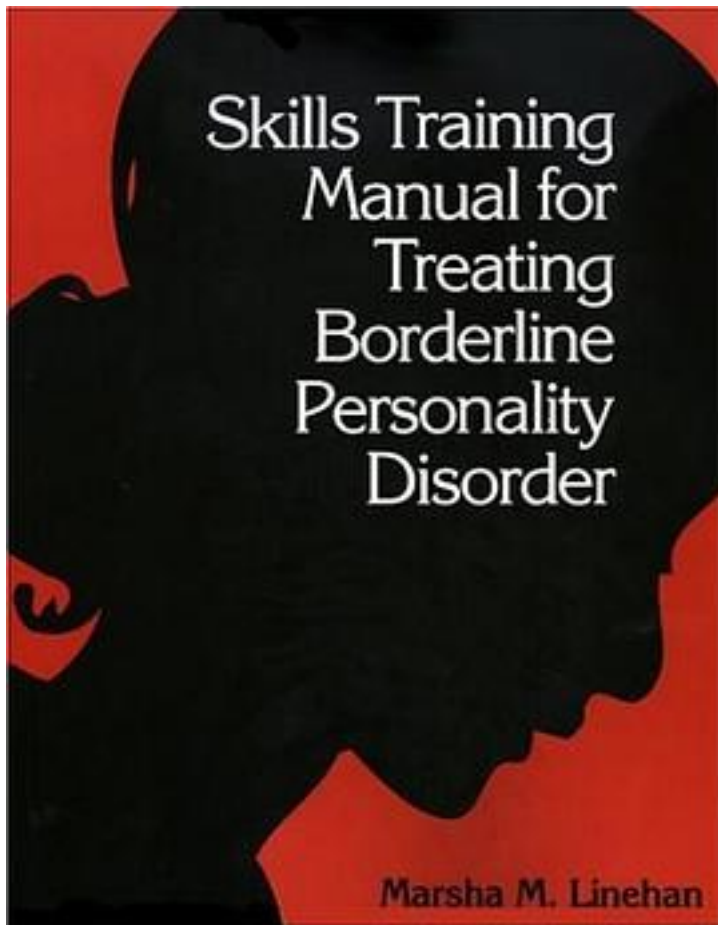


# Skills Training Manual for Treating Borderline Personality Disorder



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Marsha Linehan - Recipient of the 2012 American Psychological Foundation (APF) Gold Medal Award for Lifetime Achievement in the Application of Psychology! This

session-by-session treatment manual demonstrates how clinicians can teach patients four essential psychosocial skills: mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance. Published in a large (8 1/2" x 11") comb-bound format for easy reference, the book includes useful, clear-cut handouts that may be readily photocopied (permission included with purchase). This manual will be of great value to psychiatrists, psychologists, psychotherapists, social workers, primary care physicians, and nurses, as well as patients.

作者介绍:

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## 标签

心理学

psychology

DBT

读书

正念

counseling

Marsha

Linehan

## 评论

准备group session

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Waiting for her more user-friendly new book

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非常经典的一本有关BPD治疗的书籍，主要是讲述BPD治疗中最有效的一种方式，即DBT，作者受东方思想影响颇深，也有“禅”的感觉，值得一读

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BPD最实用的一本书。

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An absolute treasure heavily packed with worksheets. Beginners / non-professionals looking for a more user-friendly read on applicable DBT skills, see Dialectical Behavioral Therapy Workbook by Matthew McKay.

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书评

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