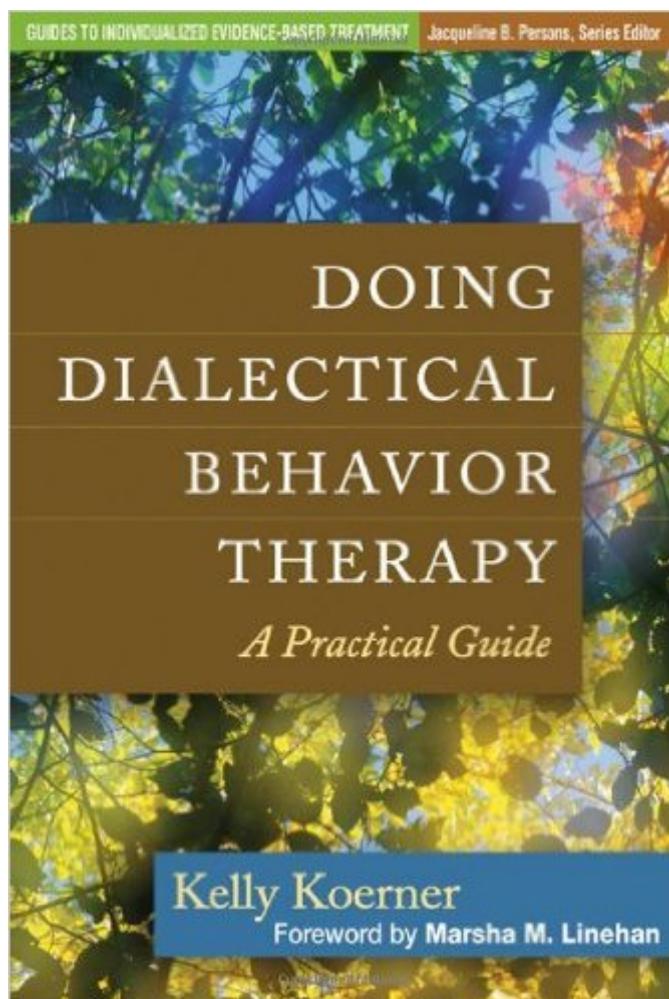


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# Doing Dialectical Behavior Therapy: A Practical Guide (Guides To Individualized Evidence-Based Treatment)



## **Synopsis**

Filled with vivid clinical vignettes and step-by-step descriptions, this book demonstrates the nuts and bolts of dialectical behavior therapy (DBT). DBT is expressly designed for--and shown to be effective with--clients with serious, multiple problems and a history of treatment failure. The book provides an accessible introduction to DBT while enabling therapists of any orientation to integrate elements of this evidence-based approach into their work with emotionally dysregulated clients. Experienced DBT clinician and trainer Kelly Koerner clearly explains how to formulate individual cases; prioritize treatment goals; and implement a skillfully orchestrated blend of behavioral change strategies, validation strategies, and dialectical strategies. See also *Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings*, edited by Linda A. Dimeff and Kelly Koerner, which presents exemplary DBT programs for specific clinical problems and populations.

## **Book Information**

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## **Customer Reviews**

Koerner has absolutely hit the mark! In my opinion, this book is right up there along with the best that have stood the test of time. I am a DBT therapist, trainer of DBT therapists and borderline personality disorder author and have never before written a review on , however could not hold back on my urge to share my excitement with colleagues. I expect that most clinicians, who practice DBT or integrate aspects of DBT into their practice, will cherish this book.Koerner's humanity permeates the book in her deep respect and compassion for client and therapist alike and in her efforts to

alleviate suffering by supporting clients and therapists towards their goals. The book compassionately validates the considerable challenges we face as therapists and is also hopeful and empowering of therapists by the rare gift of giving precise examples of what we can do at any one moment. Koerner describes case conceptualization and treatment planning that underpins successful future micro-interventions; then describes the core principles of DBT practice (behavioral therapy, validation/acceptance, dialectics) and finishes with a chapter on team. In covering these topics, Koerner integrates realistic complex scripted therapy dialogue with clients to illustrate what she, a consummate expert DBT therapist, might be thinking and doing moment to moment that weaves in the core principles. Every surfer searches for the perfect wave and every skier searches for the perfect snow conditions; and every decade or so the perfect wave or snow conditions exist in a brief moment of perfection and joy. Koerner has created, for me, the perfect 20 page chapter that I believe will bring joy to many therapists for a long time.

I have not finished reading this book, so this is tentative, but I am not likely to change what I will write here. I have read other books about DBT, and other books about treatment of borderline personality disorder. The reason for my interest (and it requires a lot of interest to read through these technical books as I am not a trained psychotherapist) is that I have a friend who was 15 when I met her, who suffers from BPD. Really suffers! And she is an orphan, often homeless, and suffers from multiple diagnoses. I was the first to recognize she suffers from BPD after about six months, and it has taken social service agencies almost seven years to realize this is one of her problems. So almost seven years have been wasted with pharmacotherapy that is ineffective, and short-term palliative therapy that is also pretty much ineffective. Hence my interest in helping her, even without professional qualifications. For example, I have read Marsha Linehan's book, Cognitive Behavioral Treatment of Borderline Personality Disorder. I consider it a bible for this kind of thing. Also her Skills Training book. I have not been able to do much with skills training, because I would need more training myself to actually do it. I have also watched a lot of the DVDs and listened to some of the CDs offered by Behavioral Tech. All these have been very helpful to me and, I hope, to my friend. I have also read John Gunderson's Borderline Personality Disorder -- A Clinical guide, first edition and am part way through the second edition. This book studies DBT and several other ways of treating BPD. It has a broader perspective than Marsha Linehan's book, but less depth. It helps fill in the gaps for me.

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