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**DBT® Skills Training
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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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Dr. Marsha Linehan,
the developer of
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Therapy, is a Professor
of Psychology and an
adjunct Professor of
Psychiatry at the
University of
Washington. She is
also the Director of the
Behavioral Research
and Therapy Clinics,
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Dr. Linehan is founder
of Behavioral Tech LLC,
an organization that
provides DBT training
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DBT Addiction Skills with Dr. Marsha Linehan Learn DBT skills that have been used in the treatment of individuals with a variety of addictions. These videos are appropriate for anyone seeking to learn or teach these skills. These five, short videos feature Dr.

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Dr. Linehan founded Behavioral Tech LLC, an institute focused on developing and sharing treatment tools for DBT training, consultation, and treatment.

Behavioral Tech Research, Inc., was also established by Dr.

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Linehan in an effort to incorporate online and mobile technology into the successful practice of DBT.

20 DBT Worksheets and Dialectical Behavior Therapy Skills

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Problematic behaviors
evolve as a way to
cope with a situation or
attempt to solve a
problem. While these
behaviors might

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Acceptance and
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Dr Marsha Linehan has
designed this
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DBT Skills Training

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Description. From Marsha M. Linehan--the developer of dialectical behavior therapy (DBT)--this comprehensive resource provides vital tools for implementing DBT skills training. The reproducible teaching notes, handouts, and worksheets used for over two decades by hundreds of thousands

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**Skills Training
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Marsha M. Linehan
Marsha M. Linehan,
PhD, ABPP, the
developer of dialectical
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Overview. Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients learning dialectical behavior therapy (DBT) skills, and those who treat them. All of the handouts and

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worksheets discussed in Marsha M. Linehan's DBT Skills Training Manual, Second Edition, are provided, together with brief introductions to each module written expressly for clients.

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