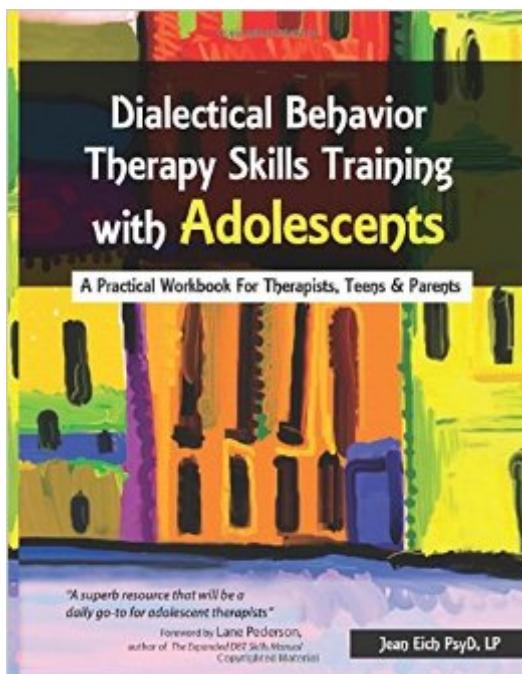


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# Dialectical Behavior Therapy Skills Training With Adolescents



## **Synopsis**

Just think if you have a go-to book that would help solve your toughest challenges when working with troubled teens. Jean Eich, PsyD, was searching for such a resource and it didn't exist.... "I didn't have and couldn't find a comprehensive, practical source of information for doing DBT with teenagers. And it needed to be something that spoke to therapists, parents and the adolescents as all are involved for successful treatment. I wanted a source of information that would include worksheets on DBT written for teenagers and in a way that appeals to them. I also wanted information about how to practically apply DBT with parents and a source of information that I could point parents to. Plus - it needed to include something for the professionals to implement DBT, and work with these distinct audiences, as they are related. Not finding what I needed - I wrote one, including all the information I have learned and applied in my own practice." Introducing - a complete skills training manual for DBT with adolescents, focused on practical application for teens, parents and therapists, all in one comprehensive manual. Part One covers DBT for teens with comprehensive and age-relevant skills explanations, examples and applied worksheets. Eich makes the skills real for teens with exercises that get them practicing new behaviors in real-life situations. Includes teaching pages for all four DBT skills training modules. Part Two is a dedicated focus to parents with pertinent information on DBT, parenting and common teenage developmental issues, as well as, skills written to get parents using them individually, in connection with their child(ren), and as a part of the family system. This section not only emphasizes that DBT skills can be used for anybody and everybody, but also that parents need to be active and involved for any effective change process. Part Three is crafted for therapists, with practical strategies on how to conduct DBT programming, tips to navigate dialectical dilemmas with adolescent developmental tasks and behaviors, and advice to balance therapy with parental involvement. Part Three also contains suggestions to teach the skills in active and experiential ways along with helpful sample forms, handouts and worksheets.

## **Book Information**

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## **Customer Reviews**

I was struggling to find a good book on DBT that was catered for children/teens. This was it! I like how you can use the worksheets directly with the clients, and their parents. After all, working with kids means it is essential to work with the parents. This book does a nice job of providing material for the parents too, so they can understand how they can use the strategies at home. I wish there were a few more exercises that were beyond cognition--after all kids are not the best at using their "rational minds"--but I guess that is what DBT is focused on

This book has excellent training and techniques for teens and adults that deal with Personality Disorders. My daughter has been in therapy and was recommended to use this skills workbook. It has helped her to gain real life coping skills, and it has helped me as her parent to gain skills as well. This book is a must have for parents and teens (can't speak for adults, but I bet it would help them too) who are looking for help and answers when dealing with mental disorders and behavioral problems. As a parent it has also given me skills to deal with my daughter's mental disorder and helped me be more thoughtful with my other children as well. It's a win win for both me and my daughter.

This is a great DBT book. I have adult clients who had some difficulty understanding the adult version, but can readily relate and understand the assignments from this book. We had to modify some of the examples and scenario's but it provided an opportunity for clients to readily assess their situation and difficulties. Therefore, I believe this is a great tool for use with clients of all ages.

This is a great resource for parent, adolescents/adults, & clinicians. It gives activities that can be connected with each skills.

Nice addition to workbooks. I like that it has a section to teach parents DBT skills. The adolescent

section is a little difficult so I'm using parts of it along with another workbook.

Bought this for my teen daughter to use with her therapist. She remarked that it was a great choice and had situation appropriate examples inside that made it easy for apply.

Excellent resource and actually user friendly for teen, parent, and clinician. Well written. Age appropriate for teens. Not packed with too much jargon. Home run!

Easy to use; simple. Very basic. As a well trained DBT therapist I found it rather simple. For a beginner or self-help I would say it would be great.

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Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A) (Guilford Practical Intervention in the Schools) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy)

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