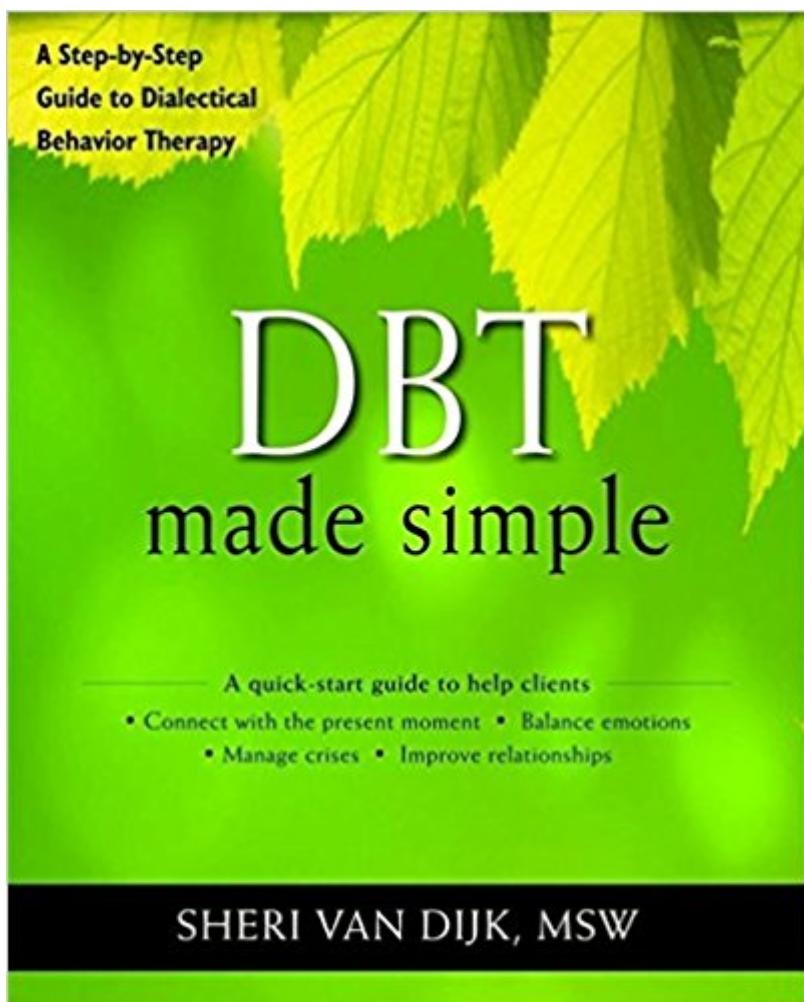


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# DBT Made Simple: A Step-by-Step Guide To Dialectical Behavior Therapy (The New Harbinger Made Simple Series)



## **Synopsis**

Originally developed for the treatment of borderline personality disorder, dialectical behavior therapy, or DBT, has rapidly become one of the most popular and most effective treatments for all mental health conditions rooted in out-of-control emotions. However, there are limited resources for psychologists seeking to use DBT skills with individual clients. In the tradition of ACT Made Simple, DBT Made Simple provides clinicians with everything they need to know to start using DBT in the therapy room. The first part of this book briefly covers the theory and research behind DBT and explains how DBT differs from traditional cognitive behavioral therapy approaches. The second part focuses on strategies professionals can use in individual client sessions, while the third section teaches the four skills modules that form the backbone of DBT: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. The book includes handouts, case examples, and example therapist-client dialogue—“everything clinicians need to equip their clients with these effective and life-changing skills.

## **Book Information**

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## **Customer Reviews**

DBT Made Simple provides an excellent introduction to DBT. The book uses plain language and clear examples of DBT in action, making it accessible for both clinicians and clients. The book includes exercises to practice DBT skills and also provides answers to frequently asked questions and common stumbling blocks. While the book is not a substitute for more intensive DBT training or

treatment, it provides a thorough introduction to the therapy. I have read several other books on DBT (including Linehan's textbook on CBT for BPD, the skills training manual, and the DBT workbook), and this is, by far, my favorite. I very much appreciate Van Dijk's ability to present the material in a way that is clear and interesting. I also appreciate that it is more affordable than some of the other DBT books on the market. For these reasons, I recommend this book highly for anyone wanting to know more about DBT, and perhaps for those who have no access to a therapist trained in DBT.

Very helpful book. Literally read it over the weekend and incorporated ideas and strategies today as a therapist. I have received some DBT training and read several books about DBT. This book increased my understanding of the approach and provided me with more confidence in using the techniques. Really helps to have DBT 'simplified' especially for working clients who may have learning challenges or low literacy, etc.

Our doctoral students chose this book as an adjunct to our practicum class, and all of us found it excellent from start to finish. There are great explanations of central aspects of DBT without oversimplification. Please don't be misled by the term "simple" in the title. The author has accomplished one of those things we see occasionally in which secondary authors - those not involved in the development of a theory or technique - are better able to explain the concepts than primary authors. I would also add that the techniques are not just for borderline disorders anymore: it would be useful for most of our clients, frankly. I would recommend its use in psychotherapy classes at the master's or doctoral level, whether for future psychologists, counselors, or social workers, or for anyone practicing in the fields who wants to learn about using DBT.

I have read all of Ms Van Dijk's books and obtained invaluable information from each of them. DBT Made Simple is aimed at therapists, but, I, as a layperson, found it to be most helpful. Ms Van Dijk has a comfortable, easy-to-understand style of writing, which I certainly appreciate. Bravo, Ms Van Dijk for publishing another fine book. Chris Van Krieken, Thornhill, ON

The book had clear writing which made some of the concepts easier to understand. I've read several books on this topic. This was one of the more user-friendly.

This book makes it easy for someone, whether it's a professional or layperson to learn to

communicate more effectively. Based on Marsha Linnehan's evidence based treatment for borderline personality, DBT made simple does exactly what the title says. I recommend this book to anyone struggling to have a voice and wants to be heard.

As a DBT client who has completed the course of the therapy, I bought this book to use as a reference when I feel like I need a bit of a boost in my skills or when my mood is really low. This book is easy to understand and generally seems to help me regroup and remember what I have previously learned. While the book is written for practitioners, it is useful to me as a reminder of how my brain works, why I react the way I do, and what I can do to feel differently.

I have been away from school for a while and usually fall asleep with any mention of the word "text book." This book is easy to understand, clearly written. I need to learn new skills and this book is a good way to start.

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