

Dialectical Behavior Therapy with Suicidal Adolescents



BOOK DETAILS

- Author : Alec L. Miller PsyD
- Pages : 346 Pages
- Publisher : The Guilford Press
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BOOK SYNOPSIS

Filling a tremendous need, this highly practical book adapts the proven techniques of dialectical behavior therapy (DBT) to treatment of multiproblem adolescents at highest risk for suicidal behavior and self-injury. The authors are master clinicians who take the reader step by step through understanding and assessing severe emotional dysregulation in teens and implementing individual, family, and group-based interventions. Insightful guidance on everything from orientation to termination is enlivened by case illustrations and sample dialogues. Appendices feature 30 mindfulness exercises as well as lecture notes and 12 reproducible handouts for "Walking the Middle Path," a DBT skills training module for adolescents and their families. Purchasers get access to a Web page where they can download and print these handouts and several other tools from the book in a convenient 8 1/2" x 11" size. See also Rathus and Millers DBT Skills Manual for Adolescents, packed with tools for implementing DBT skills training with adolescents with a wide range of problems.

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