

Download Doing Dialectical Behavior Therapy A Practical Guide Kelly Koerner

Doing Dialectical Behavior Therapy: A Practical Guide (Guides to Individualized Evidence-Based Treatment) 1st Edition First developed to treat suicidal individuals with borderline personality disorder, dialectical behavior therapy (DBT) has since been adapted to a range of settings and populations. Dialectical Behavior Therapy Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance by Matthew McKay, Jeffrey C. Wood, and Jeffrey Brantley, 2007, New Harbinger Publications, Oakland: CA Port Manteaux churns out silly new words when you feed it an idea or two. Enter a word (or two) above and you'll get back a bunch of portmanteaux created by jamming together words that are conceptually related to your inputs.