



## Dialectical Behavior Therapy in Clinical Practice, Second Edition: Applications across Disorders and Settings

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### Product Description

This influential work has now been substantially revised with over 60% new material reflecting over a dozen years of research and clinical advances. Leading experts describe innovative ways to use dialectical behavior therapy (DBT) in a wide range of real-world clinical and community settings. The volume provides wise guidance on setting up, running, and evaluating a comprehensive DBT program. It also presents adaptations designed to meet the needs of particular client populations as time- and cost-effectively as possible. Vivid case examples illustrate diverse applications of DBT for helping adults, adolescents, and children reduce suicidal and self-harming behavior; overcome complex, multiple challenges; and build a life worth living. New to This Edition \*Presents current best practices for making DBT more efficient and accessible while maximizing program fidelity. \*Chapters on additional populations, including persons with posttraumatic stress disorder and preadolescent children. \*Chapters on additional settings, including milieu-based programs, university counseling centers, and middle and high schools. \*Chapters on pharmacotherapy, promoting employment and self-sufficiency, training and supervision, and DBT beyond Stage 1. See also *Doing Dialectical Behavior Therapy: A Practical Guide*, by Kelly Koerner, which demonstrates DBT techniques in detail.