



Doing Dialectical Behavior Therapy: A Practical Guide (Guides to Individualized Evidence-Based Treatment)

Kelly Koerner

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Filled with vivid clinical vignettes and step-by-step descriptions, this book demonstrates the nuts and bolts of dialectical behavior therapy (DBT). DBT is expressly designed for--and shown to be effective with--clients with serious, multiple problems and a history of treatment failure. The book provides an accessible introduction to DBT while enabling therapists of any orientation to integrate elements of this evidence-based approach into their work with emotionally dysregulated clients. Experienced DBT clinician and trainer Kelly Koerner clearly explains how to formulate individual cases; prioritize treatment goals; and implement a skillfully orchestrated blend of behavioral change strategies, validation strategies, and dialectical strategies.

See also *Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings*, edited by Linda A. Dimeff and Kelly Koerner, which presents exemplary DBT programs for specific clinical problems and populations.

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