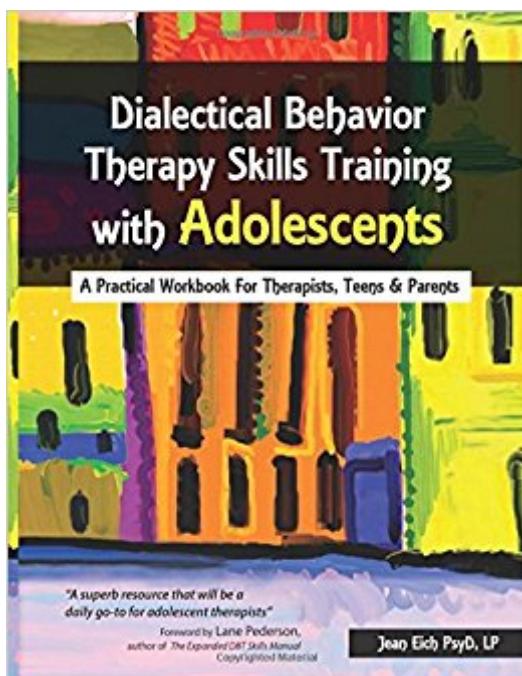


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# Dialectical Behavior Therapy Skills Training With Adolescents



## **Synopsis**

Just think if you have a go-to book that would help solve your toughest challenges when working with troubled teens. Jean Eich, PsyD, was searching for such a resource and it didn't exist.... "I didn't have and couldn't find a comprehensive, practical source of information for doing DBT with teenagers. And it needed to be something that spoke to therapists, parents and the adolescents as all are involved for successful treatment. I wanted a source of information that would include worksheets on DBT written for teenagers and in a way that appeals to them. I also wanted information about how to practically apply DBT with parents and a source of information that I could point parents to. Plus - it needed to include something for the professionals to implement DBT, and work with these distinct audiences, as they are related. Not finding what I needed - I wrote one, including all the information I have learned and applied in my own practice." Introducing - a complete skills training manual for DBT with adolescents, focused on practical application for teens, parents and therapists, all in one comprehensive manual. Part One covers DBT for teens with comprehensive and age-relevant skills explanations, examples and applied worksheets. Eich makes the skills real for teens with exercises that get them practicing new behaviors in real-life situations. Includes teaching pages for all four DBT skills training modules. Part Two is a dedicated focus to parents with pertinent information on DBT, parenting and common teenage developmental issues, as well as, skills written to get parents using them individually, in connection with their child(ren), and as a part of the family system. This section not only emphasizes that DBT skills can be used for anybody and everybody, but also that parents need to be active and involved for any effective change process. Part Three is crafted for therapists, with practical strategies on how to conduct DBT programming, tips to navigate dialectical dilemmas with adolescent developmental tasks and behaviors, and advice to balance therapy with parental involvement. Part Three also contains suggestions to teach the skills in active and experiential ways along with helpful sample forms, handouts and worksheets.

## **Book Information**

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## Customer Reviews

"Dr. Eich has written an exceptional manual on DBT for an adolescent population. She has captured the spirit of working with this challenging population and has effectively modified the approach to make the material accessible and engaging. She provides resources for the teen, the family, and the therapist. As a national trainer on DBT, I will be referencing this work in all of my seminars. This manual is a must-own for all practitioners working with teens." --Mark Carlson, PsyD, author of CBT for Chronic Pain and Psychological Well-Being: A Skills Training Manual Integrating DBT, ACT, Behavioral Activation and Motivational Interviewing

Jean Eich, PsyD, LP, has provided DBT services for nearly a decade at the largest DBT clinic in the Minneapolis/St. Paul area, where she has developed, facilitated and coordinated DBT programming for adolescents and their parents. Additionally, Dr. Eich has written curriculum and facilitated programming for adults with mental illness and developmental delays, and has helped to design and maintain studies examining clinical outcomes of DBT programs. She is also an adjunct assistant professor at St. Mary's University, and maintains a private practice in Maplewood, MN.

This book has excellent training and techniques for teens and adults that deal with Personality Disorders. My daughter has been in therapy and was recommended to use this skills workbook. It has helped her to gain real life coping skills, and it has helped me as her parent to gain skills as well. This book is a must have for parents and teens (can't speak for adults, but I bet it would help them too) who are looking for help and answers when dealing with mental disorders and behavioral problems. As a parent it has also given me skills to deal with my daughter's mental disorder and helped me be more thoughtful with my other children as well. It's a win win for both me and my daughter.

The Kindle version of the workbook is not designed to be used in a treatment setting. The

information is simplified and a rush through of DBT in general. I was looking for some simplified techniques that could be used with my ID population but this is more child level than adolescents in my view. Thank you.

This is a great DBT book. I have adult clients who had some difficulty understanding the adult version, but can readily relate and understand the assignments from this book. We had to modify some of the examples and scenario's but it provided an opportunity for clients to readily assess their situation and difficulties. Therefore, I believe this is a great tool for use with clients of all ages.

Good

This is a great resource for parents, adolescents/adults, & clinicians. It gives activities that can be connected with each skill.

Bought this for my teen daughter to use with her therapist. She remarked that it was a great choice and had situation appropriate examples inside that made it easy to apply.

Nice addition to workbooks. I like that it has a section to teach parents DBT skills. The adolescent section is a little difficult so I'm using parts of it along with another workbook.

This book is a very helpful intro in DBT in my practice.

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