



Dialectical Behavior Therapy Skills Training with Adolescents: A Practical Workbook for Therapists, Teens & Parents

Jean Eich

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Just think if you had 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 an 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.

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