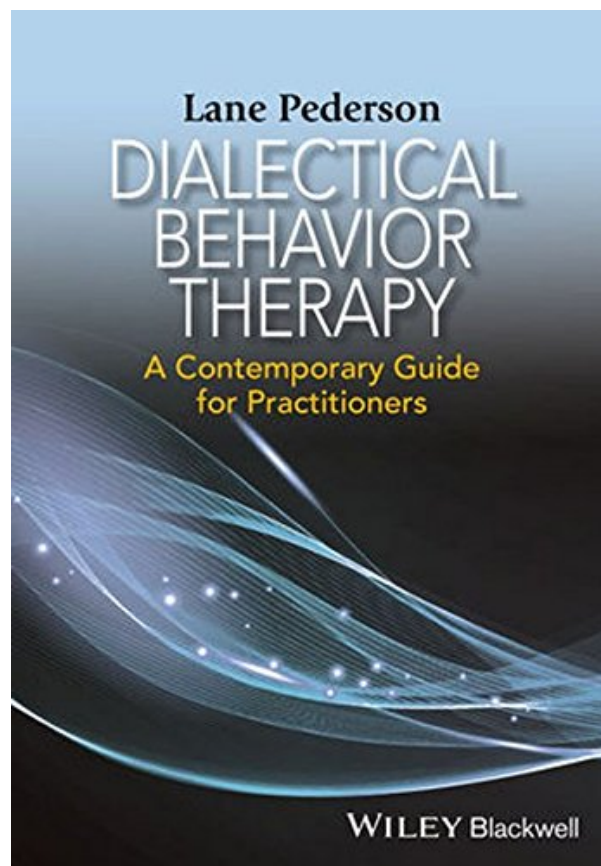
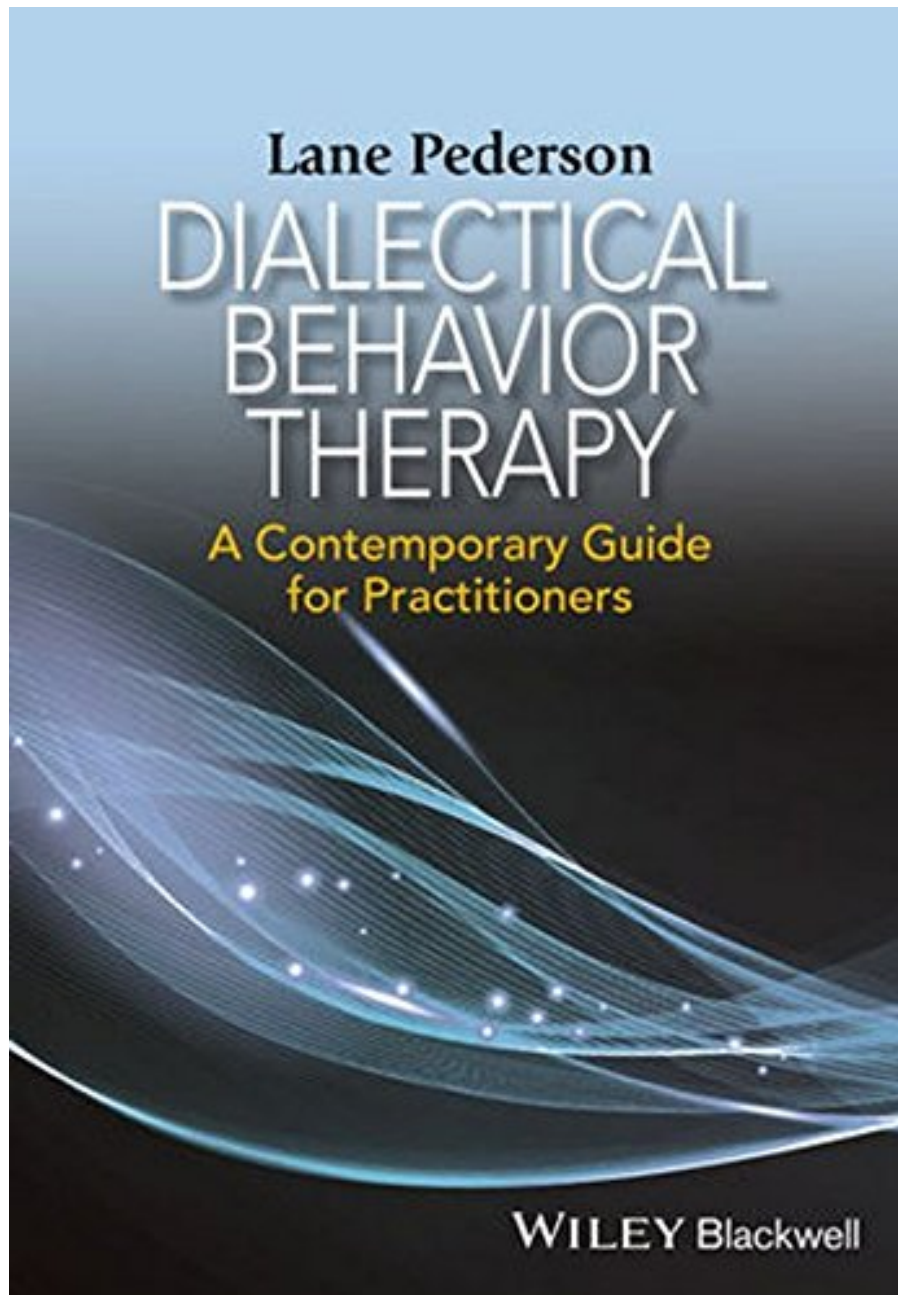


# **DIALECTICAL BEHAVIOR THERAPY: A CONTEMPORARY GUIDE FOR PRACTITIONERS BY LANE PEDERSON**



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## Review

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Bridging research and practice, with this straightforward, accessible guide, Pederson delivers on his promise to place DBT philosophies and techniques all-squarely into the hands of us real-world clinicians working with our real-world clients who so desperately need it!—Linda Curran, clinician, trainer and author of *Trauma Competency: A Clinician's Guide & 101 Trauma-Informed Interventions*

Dialectical Behavior Therapy: A Contemporary Guide for Practitioners is a valuable resource for all levels of clinicians. There are several highlighted evidence-based interventions throughout the chapters that are well crystallized and easy to apply, which Dr. Pederson supports with a wealth of research and relevant background information. New and experienced practitioners who include DBT interventions in their practice will find a treasure chest of skills and ideas. The vast array of psychoeducational strategies offers a great "go to" resource and will quickly become a clinician's best friend!—Judith Belmont, MS, Author of the *Tips and Tools For the Therapeutic Toolbox* series

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#### About the Author

Lane D. Pederson is the owner of Mental Health Systems, one of the largest DBT-specialized practices in the USA, and is the founder of the Dialectical Behavior Therapy National Certification and Accreditation Association. As a DBT speaker, Dr. Pederson has trained over 7,000 therapists across the United States, Canada, and Australia. He is an outspoken advocate of flexible and evidence-based applications of DBT, and his books include *DBT Skills Training for Integrated Dual Disorder Treatment Settings* (2013) and *The Expanded Dialectical Behavior Therapy Skills Training Manual* (2012). Dr. Pederson can be contacted for DBT Training and other inquiries at [www.drlanepederson.com](http://www.drlanepederson.com).

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A definitive new text for understanding and applying Dialectical Behavior Therapy (DBT).

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  - Goes beyond adherence to standard DBT and diagnosis-based treatment of individuals
  - Emphasizes positivity and the importance of the client's own voice in assessing change
  - Discusses methods of monitoring outcomes in practice and making them clinically relevant
  - Lane Pederson is a leader in the drive to integrate DBT with other therapeutic approaches
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- Sales Rank: #886905 in Books
  - Published on: 2015-03-30
  - Original language: English
  - Number of items: 1
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  - Binding: Paperback
  - 264 pages

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Best Book on DBT I've Read

By Nathan D Olmscheid

This book provides a fresh and much needed update to DBT. Dr. Pederson covers the essentials of DBT clearly and concisely, making this book a much better read and ultimately more helpful than Linehan’s textbook. Pederson makes a strong argument for flexible applications of DBT with the beginning of the book covering a lot of research to back up this position. He’s both convincing and it’s a refreshing change from more rigid (and elitist) adherent DBT therapists who seem to think there is but one take on DBT (dialectics anyone?).

It is clear from the book that Pederson does not worship Linehan but has reverence for the approach. For those looking for an understandable and thought-provoking presentation of DBT, this is it. Note that this book is not a skills manual, but a book on DBT as a theoretical orientation and how to apply it with clients. My only negative is about the price. I almost didn’t buy it because it is more expensive than other DBT books, but really the difference is skipping a couple stops at the coffee shop. I’m glad I didn’t let that stop

me. Highly recommended!

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It is one of the best resources I have every found on understanding and applying ...

By Marianne Burke

I have been studying and using DBT in my therapy practice for approximately seven years, and can only say I wish I had had this book seven years ago! It is one of the best resources I have every found on understanding and applying DBT in group and individual therapy. I lead a DBT consultation team and a woman's DBT skills group at CrossRoads Counseling Centers in St. Louis, and this book has been an invaluable resource for learning how to improve our DBT program, and to guide our consultation team meetings. I highly recommend this book for anyone who is interesting in either learning about or improving their use of DBT in their clinical practice. It is very readable and immediately applicable.

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In *Dialectical Behavior Therapy, A Contemporary Guide for Practitioners*, Lane Pederson has written a very

comprehensive, readable guide to Dialectical Behavior Therapy in which he is able to bring clarity and understanding to complex concepts. Following a cogent discussion about the dialectics inherent in the ongoing controversy of adherence to DBT vs. adapting DBT, Dr. Pederson develops a synthesis by focusing on helping practitioners to provide DBT in a way that will be most effective for their clients. He clearly and succinctly presents very thorough practical guidance about providing DBT, with relevant and helpful examples of skills, treatment, client behaviors and dialogue with clients, while always focusing on the importance of the therapeutic relationship. For practitioners who have been using DBT in our practice of many years, this book provides new insights and ideas that will increase effectiveness. For new practitioners who want to understand more about how to use DBT with their clients, this book is a must read. For any practitioner, this is an incredibly useful book about a very effective form of treatment.—Pat Harvey, LCSW-C, DBT Coach, Trainer and Consultant, Co-Author of *Parenting a Child Who Has Intense Emotions* and *DBT for AT-Risk Adolescents*.

This book promises to be the most influential DBT publication to date, not only in its superb description of the approach, but in the way it builds a bridge between research and practice with a focus on what is most effective for clients. The future of our field rests on outcome-based modifications and customizations to evidence-based treatments, and Dr. Pederson provides an in-depth analysis of research that empowers DBT therapists to embrace the future now. This is a must read for all DBT therapists.—Dr. Mark Carlson, DBT trainer for PESI Healthcare and author of *CBT for Chronic Pain* and *Psychological Well-Being*

In reading *Dialectical Behavior Therapy*, I am reminded of the story of Siddhartha Gatauma, a dutiful student of the contemporary spiritual masters, who searched for The Way, but ultimately rejected the dogmatic teachings of his time and attained Enlightenment by questioning “truth” while sitting under a Bodhi tree. Dr. Marsha Linehan brought this same spirit of “doing what works” to the field of psychotherapy with suicidal clients over 30 years ago. Like her, Dr. Pederson challenges the status quo, asks for us to look again at the evidence, and reminds us to make sure we are asking the right questions.—Dr. Stephanie Vaughn, National DBT Consultant and Trainer, and founder of Vanderbilt University’s DBT Peer Consultation Team

*Dialectical Behavior Therapy, A Contemporary Guide* is a clear, succinct and readable guide for those who want to understand DBT. Pederson describes the components and techniques necessary to deliver the comprehensive treatment as well as some intriguing adaptations to standard DBT. Readers will find practical information that allows them to provide effective, evidence-based treatment, with a sharp focus on the therapeutic relationship and ultimately, outcomes. Anyone looking to improve his or her clinical skill and be a more effective clinician will find this book to be a useful resource.—Britt H. Rathbone, author of *DBT for At-Risk Adolescents*

New to DBT? Been using it for a while? Either way, this text will deepen your knowledge and strengthen your clinical skills. Dr. Pederson is an expert DBT clinician and trainer. He has created a comprehensive overview of DBT that has sufficient breadth and depth that will empower readers to begin using DBT or improve their current practice. This text will be your go to resource for all things DBT.—Cathy Moonshine, author of *Acquiring Competency and Achieving Proficiency with Dialectical Behavior Therapy, Volumes I and II*

In *Dialectical Behavior Therapy: A Contemporary Guide for Practitioners*, Lane Pederson is taking Dialectical Behavior Therapy (DBT) to the next level by demonstrating its efficacy with psychiatric illnesses other than borderline personality disorder (BPD), as well as the efficacy of adapted models versus the original model. In this book, Pederson helps clinicians learn how to provide the traditional DBT model for BPD as it was originally designed, while also encouraging us to take a more dialectical approach than has traditionally been taken with DBT: while it is innovative, it is also a therapy that derives many of its

techniques from other tried and true therapies. In this respect, Pederson is helping us continue to move in the direction of making DBT more accessible to therapists, and therefore also to individuals in need of a client-centred, nonjudgmental, skills-based model. This is a wonderful, thorough book that is a great introduction to DBT for newcomers, or that will help seasoned therapists develop a more thorough understanding of the model and how to make it best suit their practice and, more importantly, their clients' needs!—Sheri Van Dijk, MSW, RSW, psychotherapist, international speaker and author of *The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder*, *Calming the Emotional Storm*, and *DBT Made Simple*

From the Back Cover

“Dr. Pederson’s clinical expertise shines as he takes DBT out of the hands of researchers and translates it into a practical, flexible, and powerful approach to human problems. This is your all-in-one source for understanding and practicing DBT and, beyond that, for doing good clinical work in tough client situations.”

Barry L. Duncan, Psy.D., author of *On Becoming a Better Therapist: Evidence-Based Practice One Client at a Time*

“Bridging research and practice, with this straightforward, accessible guide, Pederson delivers on his promise to place DBT philosophies and techniques all-squarely into the hands of real-world clinicians working with real-world clients who so desperately need it!”

Linda Curran, clinician, trainer, and author of *Trauma Competency: A Clinician’s Guide* and *101 Trauma-Informed Interventions*

“New to DBT? Been using it for a while? Either way, this text will deepen your knowledge and strengthen your clinical skills. Dr. Pederson is an expert DBT clinician and trainer. He has created a comprehensive overview of DBT that has sufficient breadth and depth to empower readers to begin using DBT or improve their current practice. This text will be your go-to resource for all things DBT.”

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Britt H. Rathbone, co-author of *Dialectical Behavior Therapy for At-Risk Adolescents*

This is the first book to show in detail how dialectical behavior therapy skills and approaches can be adapted and integrated into the broader evidence-based practice of psychotherapy. DBT was first developed in the late 1980s by Marsha Linehan as a response to the failure of standard cognitive and behavioral models to effectively treat chronically suicidal clients, and was built on a “dialectical” balance of acceptance and change. The “standard” form of DBT remains highly structured, as was appropriate to its original treatment group. However, today’s therapists are increasingly encouraged to combine and integrate empirically supported treatments in a broader form of evidence-based practice that recognizes the importance of therapist expertise and judgment balanced with client needs and preferences. In short, most therapists want to incorporate DBT into their skills portfolio rather than become a specialist. This groundbreaking book makes a compelling case that today’s best research evidence supports the adaptation of DBT, and presents the approach as a robust theoretical orientation that can be applied to a wide range of clinical presentations.

#### About the Author

Lane D. Pederson is the owner of Mental Health Systems, one of the largest DBT-specialized practices in the USA, and is the founder of the Dialectical Behavior Therapy National Certification and Accreditation Association. As a DBT speaker, Dr. Pederson has trained over 7,000 therapists across the United States, Canada, and Australia. He is an outspoken advocate of flexible and evidence-based applications of DBT, and his books include *DBT Skills Training for Integrated Dual Disorder Treatment Settings* (2013) and *The Expanded Dialectical Behavior Therapy Skills Training Manual* (2012). Dr. Pederson can be contacted for DBT Training and other inquiries at [www.drlanepederson.com](http://www.drlanepederson.com).

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