



Dialectical Behavior Therapy: Volume 2 - Companion Worksheets

Cathy Moonshine Ph.D. MAC CADC III

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This is an invaluable resource for anyone using DBT with youth or adult clients during individual sessions, group therapy, family meetings, classroom settings, recreational activities, and milieu environments. These worksheets can be completed in sessions and as homework assignments. There are a plethora of worksheets included in this volume along with a crosswalk of all the D.B.T. in Life skills. The worksheets are designed to assist clients in learning and practicing skills in their lives. The skills are defined in concrete, easy to understand language that is accessible to a wide range of clients. Most worksheets provide information about the skills as well as opportunities for the clients to think through how the skills will assist them in building a life worth living. The worksheets can be used to appeal to all three learning styles. They are also responsive to attention span by focusing the client on the task at hand of learning DBT skills. Clinicians will find this volume full of innovative perspectives and engaging activities. Clinicians are encouraged to use these worksheets in individualized manners to meet the clients' needs and enhance their strengths. There is no particular order or way to use these worksheets. With all of these DBT tools in their clinical toolkit, clinicians can easily customize their DBT practice.

Chapter 3 contains general worksheets that orient individuals to DBT along with streamlined versions of diary cards, chain analysis, relapse prevention plans and recovery plans.

Chapter 4 has many worksheets that make mindfulness in general and specific skills accessible and relevant for clients of all ages.

Chapters 5 & 6 teach clients a variety of strategies for distress tolerance and emotional regulation to foster emotional competency, frustration tolerance and impulse control.

Chapter 7 is dedicated to empowering clients to be effective in their interpersonal relationships through boundaries, assertiveness, self-respect and investing in healthy relationships.

Using both Volumes I & II will increase your clinical competency along with making DBT fun, interesting and relevant to a variety of individuals, families and groups.

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