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Streaming Videos - Behavioral Tech

Welcome to the global DBT community! Training as a DBT therapist is training to save and change lives. It is not for the faint-hearted, AND it is life-changing for both client and therapist. In these ten short videos, journey through the world of DBT and find out if becoming a DBT therapist is right for you.

What is Dialectical Behavior Therapy (DBT)? - Behavioral Tech

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Marsha Linehan, Ph.D., ABPP - Balancing Acceptance and Change: DBT and the Future of Skills Training

Build your skills with online Dialectical Behaviour Therapy (DBT) courses for mental health professionals. Find out more.

DBT In Schools - DBT Skills

Participants learn the goals of each skills module, and the targets for DBT skills training. They are also taught how to apply fundamental DBT strategies in skills training and coaching, so as to maintain dialectical balance in the endeavor. Clinical examples are used to illustrate specific skills training procedures.

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Marsha M. Linehan Marsha M. Linehan, PhD, ABPP, the developer of dialectical behavior therapy (DBT), is Professor Emeritus of Psychology and Director Emeritus of the Behavioral Research and Therapy Clinics at the University of Washington.

Marsha Linehan - Mindfulness Skills & DBT I

In the DBT Skills Training Manual (Third Edition), Marsha Linehan has added a great wealth of additional skills to the Dialectical Behavior Therapy program - despite the original version having already helped a great number of people suffering with Borderline Personality Disorder.

Online Training Courses - Behavioral Tech

Training Descriptions DBT Steps-A: Implementation and Training. DBT in Schools: Skills Training for Emotional Problem Solving for Adolescents (STEPS-A) is a universal social emotional learning (SEL) curriculum designed for middle and high school students in educational settings.

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