

Websites:

- <http://behavioraltech.org> Website of Marsha Linehan and colleagues on DBT. Includes information, explanations, and resources for practitioners and clients.
- <http://www.dbtselfhelp.com> Comprehensive website put together by people who have been through DBT (not professionals), which includes information on DBT, the various skills (with explanation and examples), and other resources and links.
- National Education Alliance for Borderline Personality Disorder site at www.borderlinepersonalitydisorder.com
- Valerie Porr's TARA site at www.tara4bpd.org (Treatment and Research Advancements Association for Personality Disorder) provides information for friends and family members.
- [Borderline Personality Disorder - Family Connections Program](http://www.borderlinepersonalitydisorder.com/family-connections.shtml) www.borderlinepersonalitydisorder.com/family-connections.shtml has audio recording of Perry Hoffman, PhD on difficulties with family members (15-20 minutes)
- www.drkristiwebb.com is my practice website. I have pages of resources for both therapists and patients, including diary cards available for downloading.

Social Media

- Facebook.com/DrKristiWebb. Each Monday I post the “Skill of the Week” for those who “like” my professional Facebook page.
- YouTube.com/DrKristiWebb. My YouTube channel has a number of videos on Borderline Personality Disorder, DBT, and related topics. Each is short and informative.
- Pinterest.com/DrKristiWebb. My Pinterest page, “Resources in Mental Health”, pins items of interest to those with a variety of disorders, including BPD.

DBT Texts

- Linehan, Marsha (1993). ***Cognitive Behavioral Treatment of Borderline Personality Disorder***. New York: Guilford Press. This is the original textbook where Linehan fleshes out DBT for therapists. Dense and informative, an absolute must for any therapist who claims to be doing DBT or for patients who want to know what to expect. The “DBT Bible.”
- Koerner, Kelly (2011). ***Doing Dialectical Behavior Therapy: A Practical Guide***. New York: Guilford Press. Excellent book that describes in detail how to practice DBT. It is written very clearly with lots of helpful examples.

- Dimeff, Linda A., Koerner, Kelly, and Linehan, Marsha (2007). ***Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings***. New York: Guilford Press. Each chapter applies DBT to a different problem, such as depression, substance dependence, eating disorders, psychosis, suicidal and assaultive behavior, or other complex problems, as well as practical advice for day-to-day issues facing DBT practitioners.
- Fruzzetti, Alan E. and Linehan, Marsha M. (2006). ***The High Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, & Validation***. Oakland, CA: New Harbinger Publications. This book is full of practical tips and exercises on how to enhance relationships. Central to the approach is validation (what it is, how to do it, and how often people inadvertently invalidate each other without realizing it).
- Miller, Alec L., Rathus, Jill H., and Linehan, Marsha (2007). ***Dialectical Behavior Therapy with Suicidal Adolescents***. New York: Guilford Press. For clinicians. Very clearly written, provides insights into developmental-systemic process relevant to adults coping with severe emotional dysregulation.

Practice Manuals

- Linehan, Marsha M. (2015). ***DBT Skills Training Manual, 2nd ed.*** New York: Guilford Press. This is the book for clinicians who are co-leading DBT skills groups. It includes the rationale for DBT skills training, how to structure the skills groups, review of the dialectical and validation strategies, and teaching notes for each of the four skills modules. It is the companion to...
- Linehan, Marsha M. (2015). ***DBT Skills Training Handouts and Worksheets, 2nd ed.*** New York: Guilford Press. Revised, updated, and reformatted, this is the new skills manual and it is available to both clinicians and patients. Once the book has been purchased from Guilford Press, buyers can download the handouts and worksheets online for their skills classes.
- McKay, Matthew, Wood, Jeffrey, and Brantley, Jeffrey (2007). ***Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance***. Oakland, CA: New Harbinger Publications. This workbook expands and translates DBT skills into a series of step-by-step exercises, with examples, to learn concepts and put into practice exercises to manage emotions. Very clear and user-friendly.
- Hahn, Thich Nhat (1999). ***The Miracle of Mindfulness***. Boston, MA: Beacon Press. World-renowned Vietnamese Buddhist monk and Zen master Thich Nhat Hanh weaves practical instruction with anecdotes and other stories to show how the meditative mind can be achieved at all times and how it can help us heal. He has written extensively on mindfulness. This is one of his most popular books on how to take hold of your consciousness and keep it alive to the present reality. Other resources include: ***The Art of Mindful Living; Mindfulness for Psychotherapists*** (audiotape); and ***Living Buddha Living Christ*** (which can serve as bridge for folks who are uncomfortable with idea of Buddhism).

On Mindfulness and Acceptance

- Kabat-Zinn, Jon (1995). ***Wherever You Go, There You Are***. New York: Hyperion Books. Blends stories, anecdotes, poems, images, and scientific observations with easily followed instructions in the art of "capturing" the present and living fully within each moment in order to achieve inner peace. Jon Kabat-Zinn is the creator of Mindfulness-based Stress Reduction programs, and credited with bringing mindfulness into mainstream in the West. Some of his other books include: ***Full Catastrophe Living: Using the Wisdom of your Body and Mind to Face Stress, Pain, and Illness*** (1990); and ***Mindfulness for Beginners: Reclaiming the Present Moment—and your Life*** (2011).
- Horstead, Sharon (2010). ***Living the Mindful Way: 85 Everyday Mindfulness Practices For Finding Inner Peace***. Mindful Heart Learning Press. This book offers mindfulness practices to find joy inside and around you, your strength to progress, your core purpose, your courage, and inner peace.
- Brantley, Jeffrey (2007). ***Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic***. Oakland, CA: New Harbinger Publications. Instructs readers on the role that thoughts and emotions play in anxiety, and provides a step-by-step guide to developing mindfulness practices, which include presence, stillness, and loving kindness, which can enable them to feel safe while opening up to fearful feelings.
- Williams, Mark, Teasdale, John D., Segal, Zindel V., and Kabat-Zinn, Jon (2007). ***The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness***. New York: Guilford Press. Uses mindfulness to help people attend to their emotions and sidestep mental habits that can lead to despair, rumination, and self-blame. Accompanying CD with guided meditations by Jon Kabat-Zinn.

On Borderline Personality Disorder

- Chapman, Alex, and Gratz, Kim (2007). ***The Borderline Personality Disorder Survival Guide***. Oakland, CA: New Harbinger Press. Road map to guide people through BPD and its treatment, including DBT, mentalization-based therapy, and medication.
- Hoffman, Perry and Gunderson, John (editors) (2005). ***Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families***. Washington, DC: American Psychiatric Association. Anthology of chapters by 15 experts on variety of topics, including the etiology of BPD and effectiveness of DBT in reducing self-injury and drug dependence. Contains resources for families with a member who suffers from BPD, and how to build partnerships with mental health professionals.

- Lawson, Christine (2002). ***Understanding the Borderline Mother: Helping Her Children Transcend the Intense, Unpredictable, and Volatile Relationships***. Jason Aronson, Inc. For individuals who were raised by a mother with BPD, this is considered a very helpful resource, readable and validating.
- Manning, Shari Y. (2011). ***Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship***. New York: Guilford Press. Helps overwhelmed loved ones understand why their spouses, adult children, or other family members act the way they do and how to respond constructively. Practical, clear, kind.
- Porr, Valerie (2010) ***Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change***. Oxford University Press. Compassionate and informative guide to help families understand BPD (as a neurobiological disorder), which also provides skills to cope, which are drawn from DBT and mentalization-based therapy (Peter Fonagy's work).
- Van Gelder, Kiera (2010). ***The Buddha & the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism & Online Dating***. Oakland, CA: New Harbinger Publications. Very illuminating memoir of a young women contending with BPD, treatment, and healing. Website: www.buddhaandborderline.com

UNC Clinical Lecture Series workshops:

- Becca Edwards, on working with emotionally vulnerable clients
- Jill Compton and Prudence Cuper, on the use of DBT in the treatment of self-harm behaviors
- Tyler Beach, on improving psychological flexibility through mindfulness-based behavioral therapies
- Jennifer Kirby, on responding to client therapy-interfering behaviors using behavioral principles and techniques
- John Mader, on mindfulness in clinical practice and daily Life
- Jeff Brantley, on mindfulness and anxiety

Local Resources

- **Triangle Area DBT (TADBiT):** founded by Meggan Moorhead and Norma Safransky with the goal of promoting the use of DBT in the Triangle Area <http://www.triangleareadbt.com>
- **DBT-U for university students:** <http://www.dbt-u.com/dbt-u-groups>. Groups run by semester schedule in Chapel Hill, Carrboro, Durham, Raleigh
- **DBT Listserv:** DBT individual and/or group therapists in the Triangle community.