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Resources:

Websites on DBT:

- <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**

Resource List, from DBT Institute @ UNC-CH with Barrett & Sansing (2019)

- **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)

DBT Texts

- Linehan, Marsha (1993). *Cognitive Behavioral Treatment of Borderline Personality Disorder*. New York: Guilford Press. This is the original textbook (DBT “Bible”) where Linehan fleshes out DBT for therapists. Dense and informative, an absolute must-have for any therapist doing DBT or for patients who want to know what to expect.
- Koerner, Kelly (2011). *Doing Dialectical Behavior Therapy: A Practical Guide*. New York: Guilford Press. Engaging book that describes in detail how to practice DBT. It is clearly written, with lots of helpful examples (including the case example from today’s training).
- 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, with 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.
- Swenson, C. (2018). *DBT Principles in Action: Acceptance, Change, and Dialectics*. New York: Guilford Press. Master DBT clinician Charlie Swenson provides guidance for DBT clinicians through examples, stories, and clarifying concept and strategies.

Practice Manuals

- Linehan, Marsha M. (2015a). *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, structure, strategies, and teaching notes for each of four skills modules. It is companion for manual below.
- Linehan, Marsha M. (2015b). *DBT Skills Training Handouts and Worksheets, 2nd ed.* New York: Guilford Press. Revised, updated, and reformatted skills manual for therapist and patient. If purchased through Guilford Press, you can download unlimited copies of handouts and worksheets.

- 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 gives step-by-step exercises, with examples, to learn DBT concepts and practice exercises to manage emotions. User-friendly.

On Mindfulness and Acceptance

- 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.
- Germer, C. K. (2009). *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*. New York: Guilford Press. Written in warm, gentle, down-to-earth style, Chris Germer provides clear argument and practical tips for cultivating a compassionate meditation practice.
- 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. Hahn is a prolific writer on mindfulness, and this is one of his most popular books. Some others include: *The Art of Mindful Living; Mindfulness for Psychotherapists* (audiotape); and *Living Buddha Living Christ* (which can serve as bridge for some who are uncomfortable with idea of Buddhism).
- 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.
- 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).
- 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

- **Manning, S. Y. (2011).** *Loving Someone with Borderline Personality Disorder: How to Keep Out-of-control Emotions from Destroying Your Relationship.* New York: Guilford Press. Non-pathologizing, helpful guide for individuals in relationship with someone with BPD. Author Shari Manning studied with Marsha Linehan.
- 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. Well written memoir of a young woman contending with BPD, treatment, and healing. Website: www.buddhaandborderline.com (contains video from today's training).

Local DBT Resources

- **Triangle Area DBT (TADBiT):** founded by Meggan Moorhead and Norma Safransky to promote the use of DBT in the Triangle Area <http://www.triangleareadbt.com> Currently run by Eric Gadol and Martha Golden. TADBiT has been expanding to serve greater North Carolina.
- **DBT Listserv:** DBT individual and/or group therapists in the NC community.

Resource List, from DBT Institute @ UNC-CH with Barrett & Sansing (2019)

- **DBT-U for university students:** <https://www.dbt-u.com/>. Groups run by semester schedule in Chapel Hill, Carrboro, Durham, Raleigh