

## Reading List for therapists interested in joining a DBT Team

### Required Reading:

- Skills Training Manual for Treating Borderline Personality Disorder  
New York: Guilford Press  
*Author: Marsha Linehan(1993)*
- Cognitive-Behavioral Treatment of Borderline Personality Disorder  
New York: Guilford Press  
*Author: Marsha Linehan (1993)*

### Additional reading for CAMHS:

- Dialectical Behavior Therapy with Suicidal Adolescents  
*Authors: Alec Miller, Jill Rathus & Marsha Linehan (2006)*

### Highly Recommended:

- Dialectical Behaviour Therapy (The CBT Distinctive Features Series).  
London: Routledge  
*Authors: Michaela Swales & Heidi Heard (2009)*

### Recommended:

- A Primer on Rational-Emotive Therapy (Revised edition)  
Champaign, IL: Research Press  
*Authors: Windy Dryden & Raymond DiGiuseppe (2002)*
- Don't Shoot the Dog: The New Art of Teaching & Training  
New York: Bantam Doubleday Dell Pub  
*Author: Karen Pryor (1999)*
- Stop Obsessing!: How to overcome your obsessions and compulsions. Revised edition.  
New York: Bantam Doubleday Dell Pub  
*Author: Edna B. Foa and Reid Wilson (2001)*
- Behavior Modifications in Applied Settings (6<sup>th</sup> Edition)  
Belmont, CA: Wadsworth  
*Alan E. Kazdin (2000)*

### **Additional Books on DBT & Delivering DBT:**

- The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance  
*Authors: Matthew McKay, Jeffrey Wood, Jeffrey Brantley (2007)*
- Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings  
*Authors: Linda A. Dimeff, Kelly Koerner (2007)*
- Doing Dialectical Behavior Therapy: A Practical Guide (Guides to Individualized Evidence-Based Treatment)  
*Authors: Kelly Koerner & Marsha Linehan (2012)*
- Dialectical Behavior Therapy Skills, 101 Mindfulness Exercises and Other Fun Activities for Children and Adolescents: A Learning Supplement.  
*Authors: Riddoch Christensen, Kimberly Christensen (2009)*