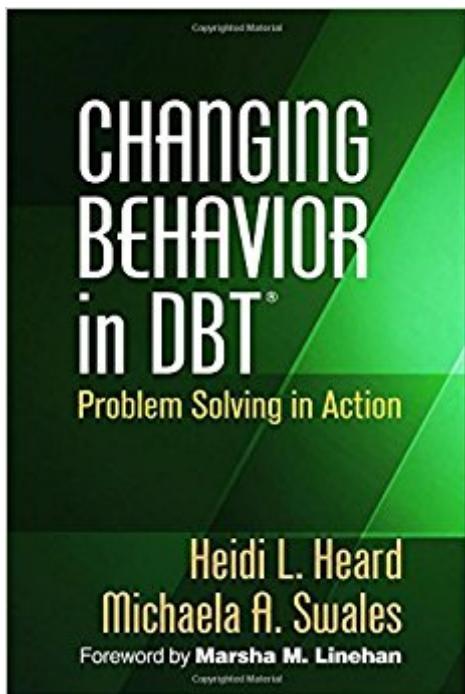


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# Changing Behavior In DBT®: Problem Solving In Action



## Synopsis

This book delves into problem solving, one of the core components of dialectical behavior therapy (DBT). The authors are leading DBT trainers who elucidate the therapy's principles of behavior change and use case examples to illustrate their effective application. Particular attention is given to common pitfalls that therapists encounter in analyzing target behaviors--for example, a suicide attempt or an episode of bingeing and purging--and selecting and implementing appropriate solutions. Guidelines are provided for successfully implementing the full range of DBT problem-solving strategies, including skills training, stimulus control and exposure, cognitive restructuring, and contingency management.

## Book Information

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## Customer Reviews

I started this book feeling excited and ended it feeling disenchanted. Some theoretical tools within DBT such as the BCA are described in finer detail than I have seen in Marsha's more recent books. Though the book has some good tips, it is also overwritten in many ways. First, it elucidates points in ways barring on triviality. Second, terms like "epiphenomenon" are misused in the context within which they are written (no theory within philosophy of mind (e.g. behaviorism, substance dualism, property dualism, functionalism, etc.) posits that *\*some\** mental states are merely epiphenomenon while others aren't-- mental states are either causal in capacity or they are not). From this misuse of the term, doubts start to rise about whether or not the authors are communicating what they intend such that further terms being utilized could be further misrepresented and hence, misinterpreted

such as the authors' use of "volition" (do \*they\* mean willing being sufficient for causality or merely willing in a purely epiphenomenalistic sort of way?). Third, there seems to be inherent contradictions within the book itself (look at what the authors say in advocating mindreading (DBT) and then what they say about the jumping-to-conclusions being a mistake (as taught within CBT) and connect the dots). Of course, contradiction isn't necessarily inconsistent with "the dialectical approach", yet that doesn't make it any less painful to read. A contradiction is not a paradox. A paradox is only an ostensible contradiction. If there is contradiction within an idea, abandon it!

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