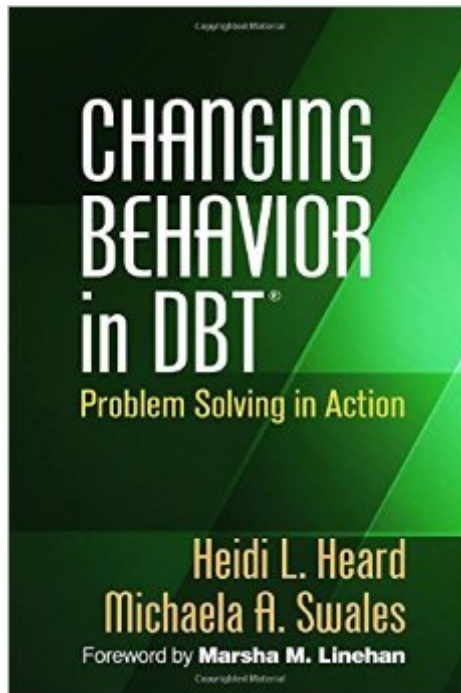# Changing Behavior In DBT®: Problem Solving In Action

## 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

Hardcover: 266 pages

Publisher: The Guilford Press; 1 edition (October 22, 2015)

Language: English

ISBN-10: 1462522645

ISBN-13: 978-1462522644

Product Dimensions:  6 x 0.8 x 9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review:  3.0 out of 5 stars  See all reviews (1 customer review)

Best Sellers Rank: #1,029,537 in Books (See Top 100 in Books)   #101 in Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy   #1611 in Books > Medical Books > Psychology > Mental Illness   #1849 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Psychiatry

## 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!

Changing Behavior in DBT®: Problem Solving in Action DBT® Skills in Schools: Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A) (Guilford Practical Intervention in the Schools) Reflexes, Learning And Behavior: A Window into the Child's Mind : A Non-Invasive Approach to Solving Learning & Behavior Problems DBT® Skills Manual for Adolescents DBT® Skills Training Manual, Second Edition DBT® Skills Training Handouts and Worksheets, Second Edition Problem Solving, Abstraction, and Design using C++ (6th Edition) Succeeding in Business with Microsoft Access 2013: A Problem-Solving Approach (New Perspectives) Mathcad: A Tool for Engineering Problem Solving + CD ROM to accompany Mathcad (Basic Engineering Series and Tools) Swift: Programming, Master's Handbook: A TRUE Beginner's Guide! Problem Solving, Code, Data Science, Data Structures & Algorithms (Code like a PRO in ... mining, software, software engineering,) Swift Artificial Intelligence: Made Easy, w/ Essential Programming; Learn to Create your * Problem Solving * Algorithms! TODAY! w/ Machine Learning & Data Structures (Artificial Intelligence Series) Algorithms: C++: Data Structures, Automation & Problem Solving, w/ Programming & Design (app design, app development, web development, web design, jquery, ... software engineering, r programming) Java Programming Box Set: Programming, Master's Handbook & Artificial Intelligence Made Easy; Code, Data Science, Automation, problem solving, Data Structures & Algorithms (CodeWell Box Sets) Ruby Programming Box Set: Programming, Master's Handbook & Artificial Intelligence Made Easy; Code, Data Science, Automation, problem solving, Data Structures & Algorithms (CodeWell Box Sets) Think Like a Programmer: An Introduction to Creative Problem Solving Data Structures and Problem Solving Using Java (4th Edition) Data Structures and Problem Solving Using Java (3rd Edition) Data Abstraction and Problem Solving with Java: Walls and Mirrors Principles of Program Design: Problem-Solving with JavaScript (Logic and Design) Java: An Introduction to Problem Solving and Programming (7th Edition)