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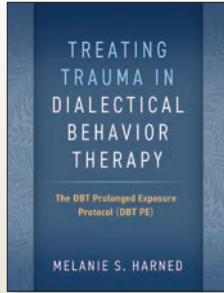
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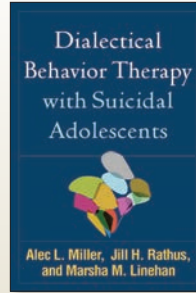
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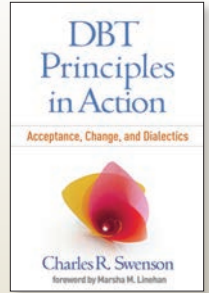
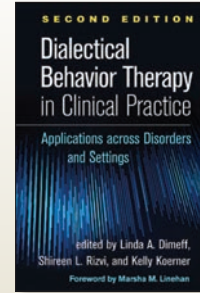
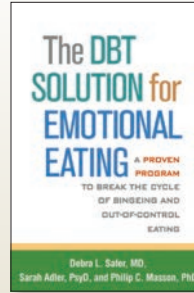
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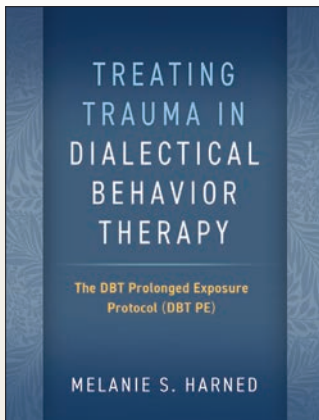
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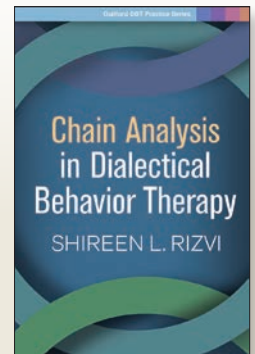
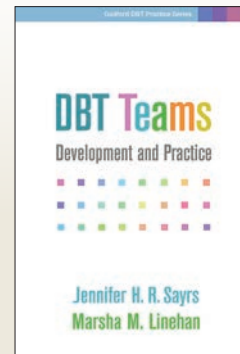
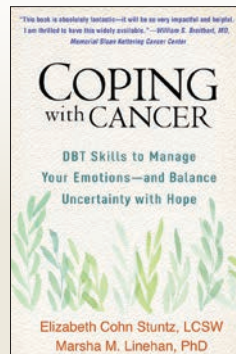
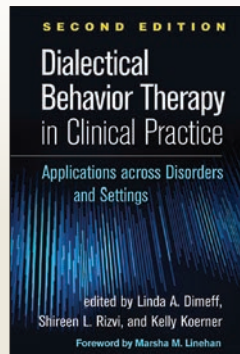
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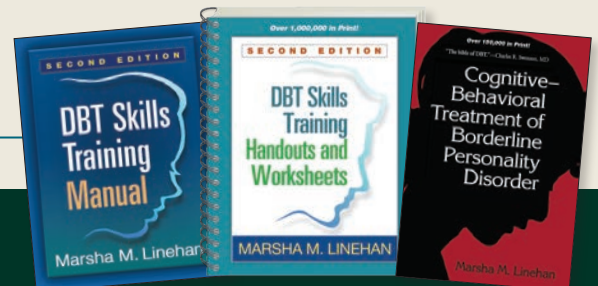


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# Treating Trauma in Dialectical Behavior Therapy

*The DBT Prolonged Exposure Protocol (DBT PE)*

**Melanie S. Harned, PhD**

Many DBT clients suffer from posttraumatic stress disorder (PTSD), but until now the field has lacked a formal, tested protocol for exactly when and how to treat trauma within DBT. Combining the power of two leading evidence-based therapies—and designed to meet the needs of high-risk, severely impaired clients—this groundbreaking manual integrates DBT with an adapted version of prolonged exposure (PE) therapy for PTSD. Melanie S. Harned shows how to implement the DBT PE protocol with DBT clients who have achieved the safety and stability needed to engage in trauma-focused treatment.

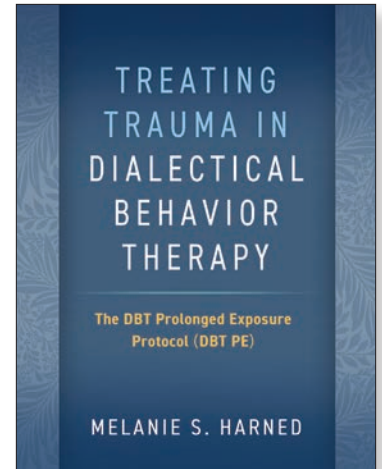
In a convenient large-size format, the book includes session-by-session guidelines, rich case examples, clinical tips, and 35 reproducible handouts and forms that can be downloaded and printed for repeated use.

## CRITICAL ACCLAIM

“DBT PE is a game changer for clients with trauma histories who need DBT, granting providers the ability to formally target PTSD. With a meticulously crafted rationale; precise, principle-based guidelines for conducting exposures; DBT-infused processing; targeted applications for numerous trauma types and populations (including adolescents, who thrive with her approach); and instructive handouts and worksheets, this manual is a brilliant addition to the field.” —**Jill H. Rathus, PhD**

“[This book] thoroughly presents the theoretical underpinnings of DBT PE [and] provides assessment guidelines, criteria for readiness for DBT PE, session procedures, and troubleshooting help... This well-written treatment manual is suitable for trainees learning DBT PE as well as for very seasoned trauma therapists who wish to learn how to treat complex, high-risk patients with an effective, evidence-based treatment.” —**Elizabeth A. Hembree, PhD**

“This book will become a well-loved resource on many clinicians’ bookshelves, and I foresee using it frequently with my own trainees, especially those on internship or at the postdoctoral level.” —**Debra Kaysen, PhD**



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## ABOUT THE AUTHOR



**Melanie S. Harned, PhD, ABPP**, is Coordinator of the DBT Program at the VA Puget Sound Health Care System and Associate Professor in the Department of Psychiatry and Behavioral Science and Adjunct Associate Professor in the Department of Psychology at the University of Washington.

## CONTENTS

### I. Background

1. The Development and Foundations of DBT PE
2. The Target Population

### II. Stabilization and Preparation

3. Setting the Stage for DBT PE in Pretreatment
4. Achieving Safety, Stability, and Skills in Stage 1
5. Building Motivation for DBT PE
6. Determining Readiness for DBT PE
7. Preparing to Start DBT PE

### III. The DBT PE Protocol

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9. Session 2
10. Joint and Family Sessions
11. Session 3
12. Intermediate Sessions (Sessions 4+)
13. The Final Sessions

### IV. Troubleshooting and Tailoring Treatment

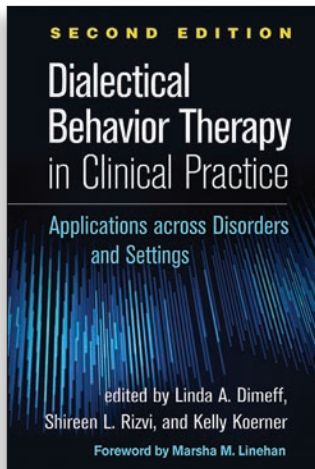
14. Troubleshooting Problems
15. Targeting Specific Trauma-Related Emotions
16. Working with Different Trauma Types
17. Treating Diverse Populations

### V. Next Steps

18. Stage 3 and Beyond

### Appendices

- A. Client Handouts
- B. Therapist Forms
- C. Session Checklists
- D. Measures



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Foreword by **Marsha M. Linehan, PhD**

“This expertly edited second edition comprehensively addresses how DBT has evolved and how to ensure that implementation remains adherent to the treatment... This book is an indispensable contribution for therapists... and for graduate educators who want to teach a comprehensive DBT course.”

—Blaise Aguirre, MD

“This [book] is a worthy testament to Linehan’s vision and genius and will prove to be an invaluable resource for students and providers of DBT around the world.”

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In this influential work, leading experts describe innovative ways to use DBT in a wide range of real-world clinical and community settings. The volume provides wise guidance on setting up, running, and evaluating a comprehensive DBT program. It also presents adaptations designed to meet the needs of particular client populations as time- and cost-effectively as possible. Vivid case examples illustrate diverse applications of DBT for helping adults, adolescents, and children reduce suicidal and self-harming behavior; overcome complex, multiple challenges; and build a life worth living.

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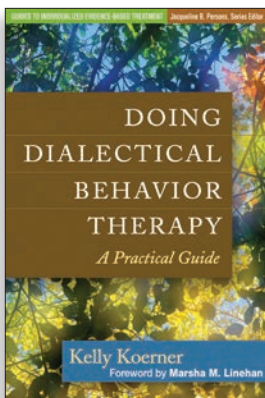
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**Elizabeth Cohn Stuntz, LCSW**, The Westchester Center for the Study of Psychoanalysis and Psychotherapy, Millbrook, NY; National Institute for the Psychotherapies, New York

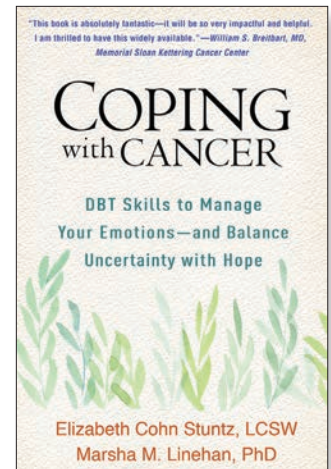
**Marsha M. Linehan, PhD, ABPP**, University of Washington

“As the survivor of two aggressive cancers myself, I wish I had had this book when I was diagnosed. The authors provide a manageable, step-wise approach to coping with an individual and inter-personal disaster. They draw on knowledge from both DBT and psychoanalysis to produce a welcome, creative synthesis.”  
—Nancy McWilliams, PhD

“An important book for us all to read. It is practical, actionable, down to earth, and wise.”

—Roshi Joan Halifax

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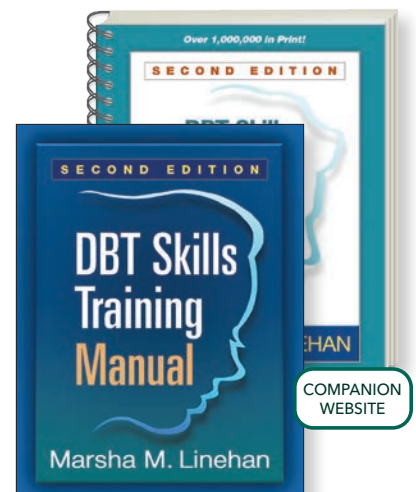
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“DBT skills are useful not only for individuals who suffer from persistent emotion regulation difficulties, but also for individuals in extreme circumstances and people who have ordinary problems... [This] manual and accompanying volume of handouts and worksheets will be essential across the mental health disciplines.”  
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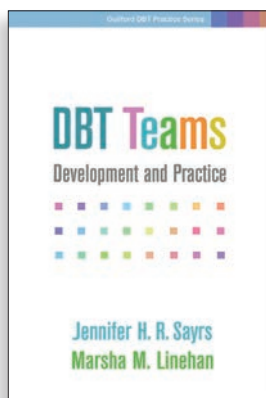
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### **DBT Teams**

*Development and Practice*

**Jennifer H. R. Sayrs, PhD, ABPP,**  
Director of the DBT Center, Executive  
Director, and Founding Member,  
Evidence Based Treatment Centers  
of Seattle

**Marsha M. Linehan, PhD, ABPP,**  
University of Washington

“A fabulous book. The principles and strategies for implementing a DBT team described in this volume are useful for *all* psychotherapists. The list of team agreements alone is worth the price of the book!”

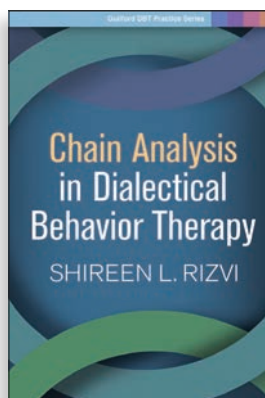
—**Jacqueline B. Persons, PhD**

This much-needed resource explains how DBT teams work, ways in which they differ from traditional consultation teams, and how to establish an effective team culture. The book addresses the role of the DBT team leader; the structure of meetings; the use of DBT strategies within teams; identifying and resolving common team problems; and important functions before, during, and after suicide crises.

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### **Chain Analysis in Dialectical Behavior Therapy**

**Shireen L. Rizvi, PhD, ABPP,**  
Rutgers, The State University of  
New Jersey, New Brunswick

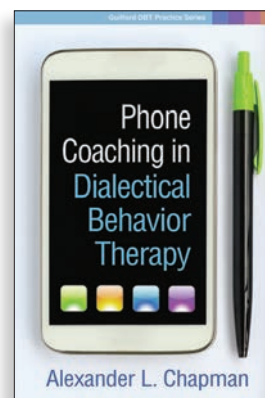
“Rizvi discusses an often overlooked but crucial ingredient of any effective intervention—assessment....Rizvi’s substantial clinical and research experience and her compelling, personal writing style make this book an essential source for graduate students, academics, clinical supervisors, and practitioners. The kind of functional analysis intrinsic to DBT is relevant to any cognitive-behavioral intervention.”

—**Gerald C. Davison, PhD**

Filled with detailed clinical examples, this book expertly breaks down the process of behavioral chain analysis—the critical foundation for assessment and problem solving in DBT. Experienced DBT clinician and trainer Shireen L. Rizvi presents guiding principles, questions to ask, strategies for engaging clients and addressing difficult-to-assess problems, and ways to avoid common mistakes.

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### **Phone Coaching in Dialectical Behavior Therapy**

**Alexander L. Chapman, PhD,**  
Simon Fraser University

“In the first book devoted solely to this essential component of DBT, Chapman clearly conveys the principles of phone coaching and provides an incredibly useful, hands-on, practical guide....DBT novices and experts alike will benefit from the many case examples and rich clinical detail. I will recommend this book to my trainees and colleagues....I predict this will be one of the most frequently consulted books on DBT.”

—**Clive J. Robins, PhD**

This is the first comprehensive guide to phone coaching in DBT—an integral part of treatment that many clinicians find challenging. What are the principles and goals of phone coaching? What limits should be set? How can a therapist manage suicide risk during a brief call? DBT expert Alexander Chapman addresses these and other critical practical questions in this accessible book. Featuring many concrete examples, strategies, and model dialogues, the book includes a key chapter on suicide crisis calls.

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**Charles R. Swenson, MD**

Foreword by **Marsha M. Linehan, PhD**

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—*Journal of Psychiatric Practice*

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**Alec L. Miller, PsyD**

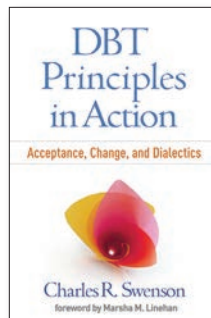
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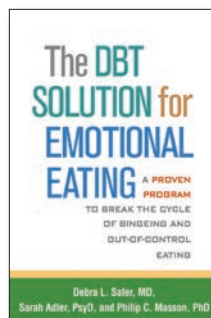
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“Outstanding. This book represents a major contribution to the prevention of adolescent suicide. Written by pioneering developers of DBT, this book is essential reading for mental health professionals at every level of experience and training.”

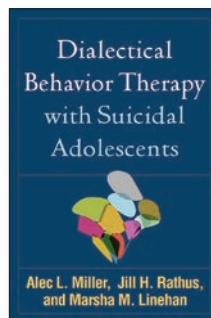
—**Cynthia R. Pfeffer, MD**



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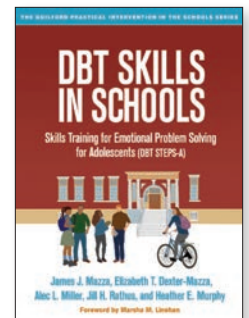
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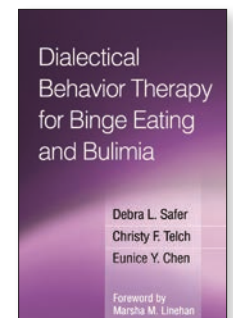
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**Eunice Y. Chen, PhD**

Foreword by **Marsha M. Linehan, PhD**

“[This] book will be helpful for those who have experience with DBT but have little knowledge of eating disorders, in addition to those who are seasoned in treating eating disorders but are not trained in DBT....The step-by-step guidelines, discussion points, and case examples are refreshing and informative.”

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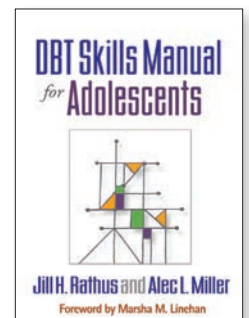
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“This book is a ‘must’ for beginners learning DBT in classrooms and in practice environments, and also includes many helpful gems for seasoned DBT clinicians. It reflects a deep understanding of the developmental problems and needs of teens and their parents.”

—**Alan E. Fruzzetti, PhD**



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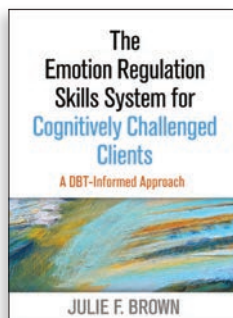
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—James J. Gross, PhD



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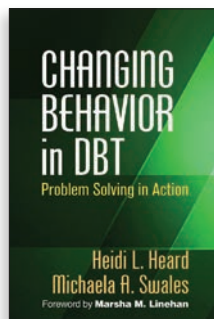
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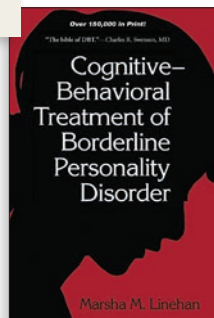
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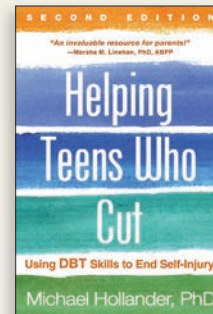
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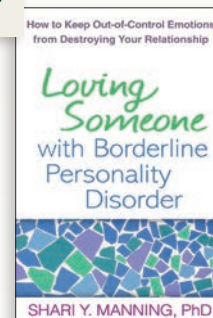
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