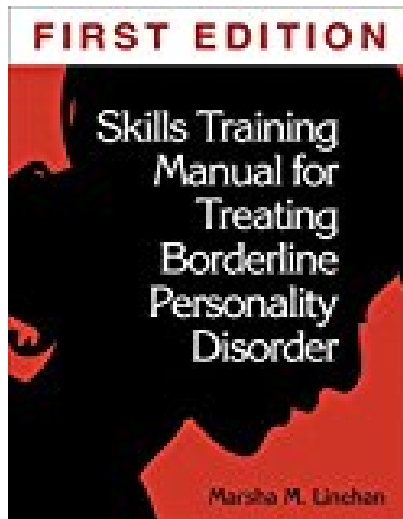


# Skills Training Manual for Treating Borderline Personality Disorder

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## BOOK DETAILS

- Author : Marsha M. Linehan
- Pages : 180 Pages
- Publisher : The Guilford Press
- Language : English
- ISBN : 0898620341

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## **BOOK SYNOPSIS**

Marsha Linehan - Recipient of the 2012 American Psychological Foundation (APF) Gold Medal Award for Lifetime Achievement in the Application of Psychology! This session-by-session treatment manual demonstrates how clinicians can teach patients four essential psychosocial skills: mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance. Published in a large (8 1/2" x 11") comb-bound format for easy reference, the book includes useful, clear-cut handouts that may be readily photocopied (permission included with purchase). This manual will be of great value to psychiatrists, psychologists, psychotherapists, social workers, primary care physicians, and nurses, as well as patients.

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