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from marsha m linehan the developer of dialectical behavior therapy dbt this comprehensive resource provides vital tools for implementing dbt skills training the reproducible teaching notes handouts and worksheets used for over two decades by hundreds of thousands of practitioners have been significantly revised and

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this unique manual presents cognitive behavioral social skills training cbsst a step by step empirically supported intervention that helps clients with schizophrenia achieve recovery goals related to living learning working and socializing cbsst interweaves three evidence based practices cognitive behavioral therapy social skills training and problem solving training and can be delivered in individual or group contexts highly user friendly the manual includes provider scripts teaching tools and engaging exercises and activities reproducible consumer workbooks for each module include skills summaries and worksheets the large size format facilitates photocopying purchasers also get access to a page where they can download and print the reproducible materials listed in samhsa s national registry of evidence based programs and practices

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