



DBT Peer Connections Dialectical Behavior Therapy Skills Training Workbook

Rachel Cara Gill

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This workbook is a comprehensive 12-week self-help skills training curriculum derived from dialectical behavior therapy (DBT) group skills training. It includes handouts, worksheets, corresponding YouTube videos, weekly diary cards, journal prompts, quizzes, and teaches the entire array of DBT life enhancement skills that organize into the four following modules: core mindfulness skills, distress tolerance skills, emotion regulation skills, and interpersonal effectiveness skills.

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