



## Dialectical Behavior Therapy Skills Training: Integrated Dual Disorder Treatment Settings

By Lane Pederson

Premier Pub & Media. Paperback. Book Condition: New. Paperback. 254 pages. Dimensions: 10.9in. x 8.4in. x 0.4in. The National Institute on Drug Abuse (NIDA) reports that six of ten individuals with a substance use disorder meet criteria for another mental illness diagnosis. These co-occurring disorders present significant challenges for both chemical dependency and mental health practitioners across levels of treatment intensity. To answer these challenges, Dialectical Behavior Therapy (DBT) has emerged as a highly teachable and applicable approach for people with complex co-morbidities. This workbook outlines the acceptance-based philosophies of DBT with straight-forward guidelines for implementing them in Integrated Dual Disorder Treatment (IDDT) settings along with comprehensive explanations of DBT skills tailored for those with dual disorders. Includes reproducible handouts. **REVIEWS** Pederson provides a practical model for simultaneous treatment of psychiatric and substance abuse disorders. Clinicians working with dually diagnosed clients will appreciate the thoughtful integration of the most effective contemporary treatment models used in both psychiatric and substance treatment. Bari Platter, MS, RN, CNF, author of Integrating Dialectical Behavior Therapy with the Twelve Steps Clinicians are often asking how to treat both mental health and substance use problems together. This book is the answer. It provides well proven strategies to deal with...

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