

Course 103217

DBT Core Mindfulness Skills Workshop

References

- Aron, E. N. (1996). *The highly sensitive person*. New York: Broadway Books.
- Atara D. Hiller & Christopher D. Hughes (2022) *Dialectical Behavior Therapy for Adolescents: Treatment Outcomes in an Outpatient Community Setting*, *Evidence-Based Practice in Child and Adolescent Mental Health*
- Brown, Julie F. (2015) *The Emotion Regulation Skills System for Cognitively Challenged Clients: A DBT-Informed Approach*. New York: The Guilford Press
- Carson-Wong, A., Hughes, C. D., & Rizvi, S. L. (2018). The effect of therapist use of validation strategies on change in client emotion in individual dbt treatment sessions. *Personality Disorders: Theory, Research, and Treatment*, 9(2), 165.
- Cooperman, N., Rizvi, S.L., Hughes, C.D. & Williams, J.M. (2019) Field Test of a Dialectical Behavior Therapy Skills Training–Based Intervention for Smoking Cessation and Opioid Relapse Prevention in Methadone Treatment, *Journal of Dual Diagnosis*, 15:1, 67-73
- Fitzpatrick, S., Bailey K., Rizvi S., (2020) Changes in Emotions Over the Course of Dialectical Behavior Therapy and the Moderating Role of Depression, Anxiety, and Posttraumatic Stress Disorder, *Behavior Therapy*, Volume 51, Issue 6, Pages 946-957
- Harned, M. S., Korslund, K. E., & Linehan, M. M. (2014). A pilot randomized controlled trial of Dialectical Behavior Therapy with and without the Dialectical Behavior Therapy Prolonged Exposure protocol for suicidal and self-injuring women with borderline personality disorder and PTSD. *Behaviour research and therapy*, 55, 7-17.
- Linehan, M. M. (2014). *DBT Skills Training Manual Second Edition*. New York: Guilford Press.
- Linehan, M. M. (1993a). *Cognitive-behavioral treatment of borderline personality disorder*. New York: Guilford Press
- Linehan, M. M. (1997). Validation and psychotherapy. In A. Bohart & L. Greenberg (Eds.), *Empathy reconsidered: New directions in psychotherapy*, pp. 353–392. Washington, DC: American Psychological Association
- Linehan, M. M., Korslund, K. E., Harned, M. S., Gallop, R. J., Lungu, A., Neacsiu, A. D., ... & Murray-Gregory, A. M. (2015). Dialectical behavior therapy for high suicide risk in individuals with borderline personality disorder: a randomized clinical trial and component analysis. *JAMA psychiatry*, 72(5), 475-482.

McMain, S. F., Guimond, T., Barnhart, R., Habinski, L., & Streiner, D. L. (2017). A randomized trial of brief dialectical behaviour therapy skills training in suicidal patients suffering from borderline disorder. *Acta Psychiatrica Scandinavica*, 135(2), 138-148.

Miller, A. L., Rathus, J. H., & Linehan, M. M. (2007). *Dialectical behavior therapy with suicidal adolescents*. New York: Guilford Press.

Perepletchikova, Francheska (in press). Adapting Dialectical Behavior Therapy for Children in Residential Care (DBT-C): <https://clinicaltrials.gov/ct2/show/NCT01547052>

Rizvi, S.L. and Fitzpatrick, S. (2021), Changes in suicide and non-suicidal self-injury ideation and the moderating role of specific emotions over the course of dialectical behavior therapy. *Suicide Life Threat Behav*, 51: 429-445. <https://doi.org/10.1111/sltb.12691>