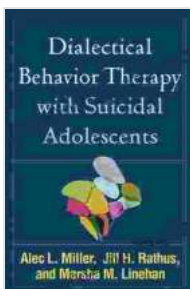


Dialectical Behavior Therapy for Suicidal Adolescents: A Comprehensive Guide

Suicide is the second leading cause of death among adolescents in the United States. Each year, approximately 2,000 adolescents die by suicide, and an estimated 100,000 attempt suicide. Adolescent suicidality is a serious public health problem, and it is essential that clinicians have access to effective treatments for this population.

Dialectical behavior therapy (DBT) is a type of psychotherapy that has been shown to be effective in treating suicidal adolescents. DBT is based on the principles of dialectics, which is a philosophical approach that emphasizes the importance of balance and synthesis. DBT clinicians help their clients to identify and change their maladaptive thoughts and behaviors, and to develop new coping skills.

This book provides a comprehensive overview of DBT, including its theoretical foundations, treatment techniques, and evidence base. It also includes case studies and worksheets to help clinicians implement DBT with their clients.



Dialectical Behavior Therapy with Suicidal Adolescents

by Alec L. Miller

★★★★☆ 4.5 out of 5

Language : English
File size : 8535 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 346 pages



DBT is based on the following theoretical principles:

- **Dialectics:** Dialectics is a philosophical approach that emphasizes the importance of balance and synthesis. DBT clinicians help their clients to identify and change their maladaptive thoughts and behaviors, and to develop new coping skills.
- **Behavioral activation:** Behavioral activation is a therapeutic technique that helps clients to increase their engagement in pleasant activities. This can help to improve mood and reduce suicidal thoughts and behaviors.
- **Cognitive restructuring:** Cognitive restructuring is a therapeutic technique that helps clients to identify and change their maladaptive thoughts. This can help to improve mood and reduce suicidal thoughts and behaviors.
- **Mindfulness:** Mindfulness is a therapeutic technique that helps clients to focus on the present moment. This can help to reduce stress and anxiety, and improve mood.

DBT includes a variety of treatment techniques, including:

- **Individual therapy:** Individual therapy is the primary component of DBT. During individual therapy, clients work with their therapist to identify and change their maladaptive thoughts and behaviors, and to develop new coping skills.

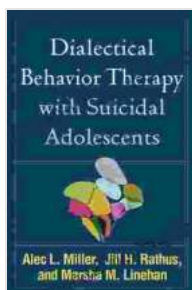
- **Group therapy:** Group therapy is a valuable component of DBT. In group therapy, clients learn from and support each other. They also practice new coping skills and give each other feedback.
- **Phone coaching:** Phone coaching is a way for clients to get support from their therapist between sessions. Phone coaching can be used to help clients manage difficult situations, and to prevent suicidal thoughts and behaviors.
- **Skills training:** Skills training is a component of DBT that teaches clients new coping skills. These skills include mindfulness, emotional regulation, interpersonal effectiveness, and distress tolerance.

DBT has been shown to be effective in treating suicidal adolescents in several research studies. For example, a study published in the journal *JAMA Psychiatry* found that DBT was more effective than usual care in reducing suicidal thoughts and behaviors in adolescents. Another study, published in the journal *The Lancet*, found that DBT was more effective than other types of psychotherapy in preventing suicide attempts in adolescents.

This book includes several case studies of adolescents who have been treated with DBT. These case studies illustrate the different ways that DBT can be used to help suicidal adolescents.

This book also includes several worksheets that clinicians can use to help their clients implement DBT. These worksheets include exercises on mindfulness, emotional regulation, interpersonal effectiveness, and distress tolerance.

DBT is a comprehensive and effective treatment for suicidal adolescents. This book provides a comprehensive overview of DBT, including its theoretical foundations, treatment techniques, and evidence base. It also includes case studies and worksheets to help clinicians implement DBT with their clients.



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