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Dialectical Behavior Therapy: Children & Adolescents

Connie Callahan

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Clinicians face many challenges in working with today's youth. Anxiety, worry, fear, depression, mutilating and self-defeating behaviors affect many children and adolescents. Actual clinical practice has shown that Dialectical Behavior Therapy skills can be adapted to provide efficacious treatment for these problems in young people. This book is designed to offer Linehan's DBT theoretical orientation and specific worksheets that can be used in a variety of clinical settings in a hands-on manner. This practical approach has something to offer for all types of mental health workers.

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