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It is currently the gold-standard treatment for borderline personality disorder. She has written four books, including two treatment manuals: Cognitive-Behavioral Treatment for Borderline Personality Disorder and Skills Training Manual for Treating Borderline Personality Disorder, and her memoir, Building a Life Worth Living. She served on a number of editorial boards and has published extensively in scientific journals.

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Thomas R. Lynch, PhD, joined us for an interview on his book, *The Skills Training Manual for Radically Open Dialectical Behavior Therapy: A Clinician's Guide for Treating Disorders of Overcontrol*. What follows is our questions in bold italics, and Dr. Lynch's thoughtful responses.

The Skills Training Manual for Radically Open Dialectical

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These outstanding second editions offer guidance on how to implement DBT skills training, while providing the tools needed to deliver this state-of-the-art treatment. They will stand as the authoritative guides for teaching DBT skills, partnering with clients to build lives worth living, and helping us to address our national and international priorities of saving millions of lives lost to suicide worldwide.

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Believing that a separation from someone will last for a long time

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or will never end. Believing that you are worthless or not valuable. Believing that you will not get what you want or need in your life. Hopeless beliefs.

Depression - University of Washington

Dialectical behavior therapy (DBT) is an evidence-based psychotherapy that began with efforts to treat borderline personality disorder (also known as Emotional Instability Disorder). There is evidence that DBT can be useful in treating mood disorders, suicidal ideation, and for change in behavioral patterns such as self-harm, and substance abuse. DBT evolved into a process in which the ...

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