

***Doing Dialectical Behavior Therapy A Practical Guide Kelly  
Koerner***

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Doing Dialectical Behavior Therapy: A Practical Guide, offers a wealth of information in a clear and concise package. Originally taught by Dr. Marsha Linehan, Dr. Kelly Koerner, an expert DBT trainer, has written a book that illuminates DBT from the inside out,

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4 DOING DIALECTICAL BEHAVIOR THERAPY how this core problem can lead to such diverse and difficult secondary problems. DBT's treatment components follow from an understanding of pervasive emotion dysregulation and its impact. These components are described in the second half of this chapter. Key among them is the

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