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Dialectical Behavior Therapy. Dialectical Behavior Therapy (DBT) is a cognitive-behavioral treatment approach with two key characteristics: a behavioral, problem

The expanded dialectical behavior therapy skills

The Expanded Dialectical Behavior Therapy Skills Training Manual: Practical DBT for Self-Help, and Individual & Group Treatment Settings

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a curriculum manual and additional resources (IPT), Dialectical Behavior Therapy (DBT) Implement teaching of these techniques . 43

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Peer Support Resource: DBT Richard Fisher, 860-262-5063, richard.fisher@ct.gov Dialectical Behavior Therapy Therapists follow a detailed procedural manual.

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