



# BEHAVIORAL TECH, LLC

Compassionate and scientifically valid treatments made available to every person with complex and severe mental disorders

## Product Order Form

### Videos & DVDs

#### Videos to Use with Clients

DVD01	Opposite Action: Changing Emotions You Want to Change <i>In an intimate one-on-one session, Dr. Linehan coaches clients on skills that will help them to identify, manage, and change unjustified emotions.</i>	\$49.00
DVD10	From Chaos to Freedom™ Set (Includes DVD02-DVD05) <i>This helpful and popular set of DVD's continues the intimate one-on-one coaching session with Dr. Linehan designed to help clients learn the Skills of DBT. These DVD's have also been used to teach therapists how to coach their clients in Skills Training</i>	\$234.00
DVD02	Crisis Survival Skills, Part 1: Distracting & Self-Soothing	\$65.00
DVD03	Crisis Survival Skills, Part 2: Improving the Moment and Pros & Cons	\$65.00
DVD04	From Suffering to Freedom: Practicing Reality Acceptance	\$65.00
DVD05	This One Moment: Skills for Everyday Mindfulness	\$65.00
DVD11	From Chaos to Freedom™ Set - Client Loaner Set <i>The same great content without the fancy packaging. Prior purchase of full-price set required to order. Please call to place your order</i>	\$80.00
SV01	NEW!: The House of DBT <i>The House of DBT is a metaphor that is used to describe the stages of treatment in Dialectical Behavior Therapy (DBT). In this 18 minute video, Marsha Linehan, Ph.D., ABPP, the treatment developer of DBT speaks directly to clients about the stages of DBT and treatment. Customers will have the ability to view this streaming video from our website. Viewing access is unlimited, internet connection is required.</i>	\$9.95

#### Adaptations from the Deaf Perspective

Developed by the University of Rochester's Deaf Wellness Center, these DVD's are adaptations of Dr. Linehan's popular Chaos to Freedom videos. You will watch Skills Trainers discuss Opposite Action and Radical Acceptance in a hearing-impaired Skills Group. Each video has a spoken track and subtitles to accompany the dialogue in ASL (American Sign Language.)

DVD06	Opposite Action: An Adaptation from the Deaf Perspective	\$49.00
DVD07	Radical Acceptance: An Adaptation from the Deaf Perspective	\$49.00

#### Videos for Training Clinicians

Sitting in on Therapy with Marsha M. Linehan, Ph.D., ABPP

Recorded during a series of webcasts in 2003, you will watch Dr. Linehan in a role-played session with other DBT experts. These videos are perfect for clinicians who are interested in providing Individual Therapy in DBT and for those who assess and treat suicidal patients. Each series comes with a coded transcript of the session and a study guide that are included on the DVD in PDF format.

DVD16	Series 1: Getting a New Client Connected to DBT (set of 4 DVD's with a PDF transcript) <i>"Kelly" is a 35 year old, chronically suicidal woman with Borderline Personality Disorder. She was recently diagnosed and referred by her psychiatrist to the DBT Program. She is upset both about the diagnosis and having to participate in yet another treatment when all she really wants is medication for her depression.</i>	\$252.00
DVD17	Series 2: Assessing and Treating Suicidal Behaviors (set of 2 DVD's with a PDF transcript) <i>"Katie" is a 34 year old female who meets 8 out of 9 criteria for Borderline Personality Disorder. She was referred to DBT following two hospitalizations for near-lethal suicide attempts within eight weeks. She was given the choice of involuntary psychiatric commitment or out-patient DBT.</i>	\$126.00
DVD18	DBT at a Glance: An Introduction to Dialectical Behavior Therapy <i>This 3-hour video is a brief overview of Dialectical Behavior Therapy, led by DBT experts, Shari Manning, Ph.D. and Tony DuBose, Psy.D. Participants of our two-day trainings are encouraged to view this DVD prior to attending training.</i>	\$35.00
DVD19	DBT at a Glance: The Role of the Psychiatrist on the DBT Team <i>In this 90 minute video, Suzanne Witterholt, MD and Shari Manning, Ph.D. discuss the role of the psychiatrist on the DBT team and provide a role-play example of the interaction between the prescriber and a patient who is also in a DBT program.</i>	\$35.00
DVD20	NEW!: Core Components of DBT, Vol. 1 : Conducting a Comprehensive Behavioural and Solution Analysis <i>In two unscripted role-plays, British clinicians Michaela Swales and Christine Dunkley demonstrate how to conduct a behavioral analysis and implement a comprehensive solution analysis.</i>	\$85.00

#### Audio CDs

##### Great Mindfulness Exercises for Clients and Clinicians

CD01	From Suffering to Freedom Through Acceptance (2 CD set) <i>A great introduction to Mindfulness, with accompanying exercises, for anyone.</i>	\$16.00
CD04	Live Mindfulness with Marsha M. Linehan, Ph.D., APBB (set of CD05-CD08) <i>Recorded in Seattle at the 2004-2005 Dialectical Behavior Therapy Intensive Training Course®</i>	\$48.00
CD05	Day 1: Observing Just This Moment	\$16.00
CD06	Day 2: From What to How	\$16.00
CD07	Day 3: Participating and Becoming	\$16.00
CD08	Day 4: Wise Mind: Being Able to Drop In	\$16.00
CD09	Putting Your Worries on a Shelf: Progressive Sensory Awareness and Muscle Relaxation <i>Useful exercises that are beneficial to a variety of clients in Mindfulness practice.</i>	\$16.00

##### Mindfulness Teaching for Clinicians

CD02	Walking Like Buffalo: Reflections on Mindfulness and DBT <i>Recorded live at BTECH trainings in Denver in 2002 and San Francisco in 2003 – Marsha's Favorite CD!</i>	\$16.00
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##### Skills Coaching for Adolescent Clients

CD03	The Wise Movement <i>Songs about using DBT Skills to help your adolescent clients.</i>	\$20.00
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For more information on any of our products or trainings, please visit [www.behavioraltech.org](http://www.behavioraltech.org)

### **Books Commonly Used in DBT Training**

GP03	Cognitive-Behavioral Treatment of Borderline Personality Disorder ( <i>text</i> ) <i>Author: Marsha M. Linehan, Ph.D., ABPP</i>	\$75.00
GP04	Skills Training Manual for Treating Borderline Personality Disorder ( <i>workbook</i> ) <i>Author: Marsha M. Linehan, Ph.D., ABPP</i>	\$45.00
GP06	Dialectical Behavior Therapy with Suicidal Adolescents <i>Authors: Alec L. Miller, Psy.D., Jill H. Rathus, Ph.D. and Marsha M. Linehan, Ph.D.</i>	\$45.00
GP09	Dialectical Behavior Therapy in Clinical Practice <i>Edited by: Linda Dimeff, Ph.D. and Kelly Koerner, Ph.D.</i>	\$45.00
BB01	Don't Shoot the Dog!: The New Art of Teaching and Training <i>Author: Karen Pryor</i>	\$17.00
TF01	Dialectical Behaviour Therapy: Distinctive Features <i>Authors: Michaela Swales and Heidi Heard</i>	\$17.95

### **Other Useful Reference Books for Clinicians**

APA 01	Behavioral Interventions in Cognitive-Behavioral Therapy: Practical Guidance for Putting Theory into Action. <i>Authors: Alexander Chapman and Richard Farmer</i>	\$59.95
GP05	Mindfulness and Acceptance: Expanding the Cognitive-Behavioral Tradition <i>Editors: Steven C. Hayes, Victoria M. Follette, and Marsha M. Linehan, Ph.D.</i>	\$42.00
GP07p	Handbook of Emotion Regulation (paperback version) <i>Edited by James J. Gross</i>	\$50.00
GP11	Dialectical Behavior Therapy for Binge Eating and Bulimia <i>Authors: Debra Safer, MD, Christy Telch, Ph.D. and Eunice Chen, Ph.D.</i>	\$35.00
NHP02	Overcoming Depression One Step at a Time <i>Authors: Christopher Martell and Michael Addis</i>	\$21.95
NHP03	The High-Conflict Couple: A DBT Guide to Finding Peace, Intimacy, and Validation <i>Author: Alan E. Fruzzetti</i>	\$16.95
SP01	The Practice of Rational and Emotive Behavior Therapy, 2 <sup>nd</sup> Ed. <i>Author: Albert Ellis, Ph.D. and Windy Dryden, Ph.D.</i>	\$25.00
GP12	Behavioral Activation for Depression: A Clinician's Guide <i>Authors: Christopher R. Martell, Sona Dimidjian, and Ruth Herman-Dunn</i>	\$35.00
SP02	NEW! Problem Solving Therapy: A Positive Approach to Clinical Intervention <i>Authors: Thomas D'Zurilla, Ph.D., and Arthur M Nezu, Ph.D, ABPP</i>	\$60.00

### **Books That are Useful for Clients and their Friends and Family**

BB02	Song of the Bird <i>Author: Anthony DeMello</i>	\$13.99
NHP01	The Borderline Personality Disorder Survival Guide: Everything You Need to Know About Living with BPD <i>Authors: Alexander Chapman and Kim Gratz</i>	\$16.95
NHP04	Freedom from Self-Harm: Overcoming Self-Injury with Skills from DBT and Other Treatments <i>Authors: Alexander Chapman and Kim Gratz</i>	\$19.95
GP08	The Mindful Way Through Depression ( <i>book and CD</i> ) <i>Authors: J. Mark G. Williams, John D. Teasdale, Zindel V. Segal, Jon Kabat-Zinn</i>	\$19.95
GP10	Helping Teens Who Cut: Understanding and Ending Self-Injury <i>Author: Michael Hollander, Ph.D.</i>	\$14.95
SP03	NEW! Solving Life's Problems: A 5-Step Guide to Enhanced Well-Being <i>Authors: Thomas D'Zurilla Ph.D., Christine Maguth Nezu Ph.D. ABPP and Arthur M. Nezu Ph.D. ABPP</i>	\$25.00

### **Treatments That Work**

*These manuals provide training and hand-outs to be used in these evidence-based therapies that are often used to treat secondary targets in DBT.*

OUPG01	Mastery of Your Anxiety and Panic, 4 <sup>th</sup> Ed. – Therapist Guide	\$45.00
OUPW01	Mastery of Your Anxiety and Panic, 4 <sup>th</sup> Ed. – Client Workbook <i>Authors: David H. Barlow, Ph.D. and Michelle G. Craske, Ph.D.</i>	\$29.95
OUPG02	Overcoming Your Alcohol or Drug Problem, 2 <sup>nd</sup> Ed. – Therapist Guide	\$35.00
OUPW02	Overcoming Your Alcohol or Drug Problem, 2 <sup>nd</sup> Ed. – Client Workbook <i>Authors: Dennis C. Daley, Ph.D. and G. Alan Marlatt, Ph.D.</i>	\$24.95
OUPG03	Mastery of Your Fears and Phobia, 2 <sup>nd</sup> Ed. – Therapist Guide	\$39.95
OUPW03	Mastery of Your Fears and Phobia, 2 <sup>nd</sup> Ed. – Client Workbook <i>Authors: Martin M. Anthony, Ph.D., Michelle G. Craske, Ph.D., and David H. Barlow, Ph.D.</i>	\$29.95
OUPG04	Prolonged Exposure Treatment for PTSD – Therapist Guide	\$35.00
OUPW04	Reclaiming Your Life from a Traumatic Experience – Client Workbook <i>Authors: Edna Foa, Ph.D., Elizabeth Hembree, Ph.D., and Barbara Rothbaum, Ph.D.</i>	\$19.95
OUPG05	Compulsive Hoarding & Acquiring – Therapist Guide	\$39.95
OUPW05	Compulsive Hoarding & Acquiring – Client Workbook <i>Authors: Gail Steklee, Ph.D. and Randy Frost, Ph.D.</i>	\$24.95
OUPG06	Mastery of Your Anxiety and Worry – Therapist Guide	\$39.95
OUPW06	Mastery of Your Anxiety and Worry – Client Workbook <i>Authors: Michelle G. Craske, Ph.D., and David H. Barlow, Ph.D.</i>	\$29.95
OUPG07	Mastering Your Adult ADHD – Therapist Guide	\$35.00
OUPW07	Mastering Your Adult ADHD – Client Workbook <i>Authors: Steven A. Safren, Ph.D., Carol A. Perlman, Ph.D., Susan Sprich, Ph.D., and Michael W. Otto, Ph.D.</i>	\$29.95
OUPG08	Mastery of Anxiety and Panic for Adolescents – Therapist Guide	\$37.95
OUPW08	Riding the Wave – Client Workbook <i>Authors: Donna B. Pincus, Jill T Ehrenreich, Sara G. Mattis, and David A Spiegel</i>	\$19.95

## Online Training

### Online Learning: DBT Skills Training Course (20 hour course)

This highly interactive, self-paced course will teach participants each of the four main areas of DBT Skills (Mindfulness, Distress Tolerance, Interpersonal Effectiveness, and Emotion Regulation) along with an additional module on Skills Coaching to help you learn how to teach your clients to understand and practice the behaviors they learn in Skills Group. This course includes demonstrations in a simulated Skills Group including teaching points you can use, possible pitfalls in Skills Training, memorization exercises to help therapists and clients remember and use the Skills, and expert DBT therapist feedback and advice during practice sessions in the course. This course is designed for mental health professionals who are providing any mode of DBT or who are supporting a DBT team. It is an excellent way to train new team members and direct care staff, as well as strengthen the skills of existing team members.

### Online Learning: DBT Validation Principles and Strategies (4 hour course)

When clients become emotionally upset, therapy can come to a halt. Clients who have multiple problems tend to be especially sensitive to emotional stimuli that can interfere with therapy. Validation strategies can help you and your client decrease emotional arousal and allow therapy to continue. Using lecture and in-session role-plays, this course will teach you about the definition and the six levels of validation in DBT, and how *self-constructs* and *self-verification theory* contribute to emotional arousal in clients.

### Online Learning: DBT Behavioral Chain Analysis (8 hour course)

Chain analysis is all about getting a complete picture of what variables drive a behavior and finding out what reinforces the behavior over time. When done correctly, both the therapist and the client will have a snapshot of all of the variables at work during a problematic behavior. Once you have completed this course, you will be able to collaborate with your client to conduct a *behavioral chain analysis* that will highlight patterns in behavior, make informed hypotheses, and find new behaviors to put to work for them.

### Online Learning: Mastering Your Anxiety and Panic for Adolescents (7.5 hour course)

Panic disorder often first appears in adolescence. Left untreated, it can severely impair an adolescent's development and functioning, having serious consequences in adulthood. Mastery of Anxiety & Panic for Adolescents (MAP-A) was developed at the Center for Anxiety and Related Disorders at Boston University for clients age 12-17. MAP-A helps clinicians working with adolescents understand and explain the underpinnings of the disorder; teach their clients to 'ride the wave' of anxiety; confront their internal feelings of discomfort in a safe, graduated manner; and not avoid or escape situations when their anxiety is rising. This online course is designed to bring the Oxford University Press Treatments that Work Manual: *Mastery of Anxiety and Panic for Adolescents* to life.

Your registration to this online learning course includes a copy of the MAP-A Therapist guide.

	1 month	3 months	6 months	12 months	Groups of 4-15	Groups of 15 or more
<b>Individual Courses</b>						
<b>DBT Skills Training</b>		\$400.00	\$500.00	\$600.00	\$400 per user for 12 months of access	please call us at (206) 675-8588
<b>DBT Chain Analysis</b>	\$120.00	\$160.00	\$200.00		\$120 per user for 6 months of access	
<b>DBT Validation Strategies</b>	\$60.00	\$80.00	\$100.00		\$60 per user for 6 months of access	
<b>Mastery of Anxiety and Panic for Adolescents (MAP-A)</b>	\$154.50	\$192.00	\$229.50		\$154.50 per user for 6 months of access	
<b>Bundle Pricing</b>						
<b>Chain Analysis &amp; Validation</b>			\$240.00		\$180 per user for 6 months of access	
<b>DBT Skills, Chain Analysis &amp; Validation</b>				\$960.00	\$800 per user for 12 months of access	
<b>DBT Skills, Chain Analysis, Validation, and MAP-A</b>				\$1,227.00	\$1,029.50 per user for 12 months of access	

Please visit [www.behavioraltech.org/ol](http://www.behavioraltech.org/ol) to see a demo version of this course and for additional CE information.

#### Foundations in DBT Individual Therapy certificate

Participants can now receive a DBT Individual Therapy Fundamentals Certificate by attending *Beyond the Basics: DBT Individual Therapy in Action* and completing *Online Learning: DBT Validation Principles & Strategies* (4 CEU hrs) and *Online Learning: DBT Behavioral Chain Analysis* (8 CEU hrs.). When purchased with your training registration, a 6-months access to *Online Learning: DBT Validation Principles & Strategies* and *Online Learning: DBT Behavioral Chain Analysis* (**Promo Code: INDOL\$40**) costs only \$200 per person (12 CEUs) (a savings of \$40.00). Upon completion of the three courses, participants can request a Fundamentals Certificate online at [www.behavioraltech.org](http://www.behavioraltech.org). Behavioral Tech will send participant certificates within four to six weeks of request submission. CEUs will be awarded for each course individually. The DBT Individual Therapy Fundamentals Certificate applies to *Beyond the Basics: DBT Individual Therapy in Action* trainings after March 2010 and all completions of *Online Learning: DBT Validation Principles & Strategies* and *Online Learning: DBT Behavioral Chain Analysis*.

#### Foundations in DBT Skills certificate

Participants can now receive a DBT Skills Training Fundamentals Certificate by attending *Beyond the Basics: DBT Skills Essentials in Action* and completing *Online Learning: DBT Skills Training*, a 20-hour online course in DBT Skills Training. When purchased with your training registration, a 6-months access to *Online Learning: DBT Skills Training* (**Promo Code: SKILL\$250**) costs only \$250 per person (20 CEUs) (a savings of \$250). Upon completion of both courses, participants can request a Fundamentals Certificate online at [www.behavioraltech.org](http://www.behavioraltech.org). Behavioral Tech will send participant certificates within four to six weeks of request submission. CEUs will be awarded for each course individually. The DBT Skills Training Fundamentals Certificate applies to *Beyond the Basics: DBT Skills Essentials in Action* trainings after March 2010 and all completions of *Online Learning: DBT Skills Training*.

