



Dialectical Behavior Therapy Skills Training for Integrated Dual Disorder Treatment Settings

By Lane Pederson

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The National Institute on Drug Abuse (NIDA) reports that six of ten individuals with a substance use disorder meet criteria for another mental illness diagnosis. These co-occurring disorders present significant challenges for both chemical dependency and mental health practitioners across levels of treatment intensity.

To answer these challenges, Dialectical Behavior Therapy (DBT) has emerged as a highly teachable and applicable approach for people with complex comorbidities. This workbook outlines the acceptance-based philosophies of DBT with straight-forward guidelines for implementing them in Integrated Dual Disorder Treatment (IDDT) settings along with comprehensive explanations of DBT skills tailored for those with dual disorders. Includes reproducible handouts.

REVIEWS

Pederson provides a practical model for simultaneous treatment of psychiatric and substance abuse disorders. Clinicians working with dually diagnosed clients will appreciate the thoughtful integration of the most effective contemporary treatment models used in both psychiatric and substance treatment.

~Bari Platter, MS, RN, CNF, author of *Integrating Dialectical Behavior Therapy with the Twelve Steps*

Clinicians are often asking how to treat both mental health and substance use problems together. This book is the answer. It provides well proven strategies to deal with substance use problems head on by utilizing one of the best evidence based strategies for this - DBT.

~Cathy Moonshine, Ph.D., MSCP, MAC, CADC III, author of *Acquiring Competency and Achieving Proficiency with Dialectical Behavior Therapy (Volumes I & II)*

Pederson's new manual blends DBT with traditional chemical dependency treatment in a respectful and cogent manner - making it easy to apply this treatment in real world settings. It truly is a resource that practitioners will use

daily in their treatment of patients with co-occurring mental illness and substance use disorders.

~Wade Kuehl, MSW, LISW, Clinical Director - Siouxland Mental Health Center

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Editorial Review

Review

For years, the treatment of dually diagnosed clients has posed a conundrum for mental health professionals. Both psychiatric and substance treatment clinicians frequently advocate for treating psychiatric disorders and substance use disorders either separately or sequentially. Having worked in both psychiatric and substance treatment settings, I've seen the unfortunate outcomes of holding this belief. Clients feel invalidated by the people who want to help them, spend years in treatment and are often unable to build a life worth living.

In *DBT Skills Training for Integrated Dual Disorder Treatment Settings*, Lane Pedersen, Psy.D., DBTC provides a practical model for simultaneous treatment of psychiatric and substance use disorders. Clinicians working with dually diagnosed clients will appreciate the thoughtful integration of the most effective contemporary treatment models used in both psychiatric and substance treatment; clients will appreciate the integration of these approaches in the development of easy-to-follow worksheets that reinforce key concepts of recovery. --Bari Platter, author of *Integrating Dialectical Behavior Therapy with the Twelve Steps*

I want to commend Lane Pederson for the fresh and unique methodology and skills training approach described in his latest manual, *DBT Skills Training for Integrated Dual Disorder Treatment Settings*. He has taken what has been used in previous models for DBT and expanded it in such an insightful way that I found myself identifying with his methods in the way I approach many of my own recovery challenges. I have been in continuous 12-Step recovery since October 1971 and have worked with dual diagnosed members using the 12-Steps to maintain abstinence with substance abuse. This manual is so resourceful that I would recommend each therapist apply these principles within their own lives in order to enhance their own ability to touch the suffering of their clients with a compassionate awareness. This manual is a unique contribution to the treatment of the dual diagnosis population, and will pave the way for a great leap forward in successful treatment modalities. --Tom Catton, author of *The Mindful Addict: A Memoir of the Awakening of a Spirit*

Many of the clients that present for mental health or substance use problems often have the other problem as well. Clinicians are often asking how to treat both mental health and substance use problems together? This book is the answer. It provides well proven strategies to deal with substance use problems head on by utilizing one of the best evidence based strategies for this -- DBT. As a clinician, supervisor and clinical director serving clients with co-occurring disorders, I would highly recommend this book. It has improved my clinical skills, fostered the development of clinicians and most importantly lead to improved client outcomes and satisfaction. --Cathy Moonshine, Ph.D., MSCP, MAC, CADC III, and author of *Acquiring Competency and Achieving Proficiency with Dialectical Behavior Therapy (Volumes I & II)*

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About the Author

Lane Pederson, Psy. D., LP, DBTC, co-owns Mental Health Systems, PC, in Minneapolis, and of the largest DBT-specialized practices in the Midwest United States. Dr. Pederson is also the author of The Expanded Dialectical Behavior Therapy Skills Training Manual. He is a highly-rated international speaker who has trained thousands of professionals in DBT and personality disorders.

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