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### **Dbt self help**

DBT Video Text is an unofficial text from videos by Marsha Linehan describing DBT skills. Dialectical Behavior Therapy is the brain child of Marsha Linehan, Ph.D.

### **Recommended reading to aid the psychotherapy**

Dusty L Humes, Ph.D., Dialectical Behavior Therapy Skills Workbook: Out-of-Control: A Dialectical Behavior Therapy (DBT)

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