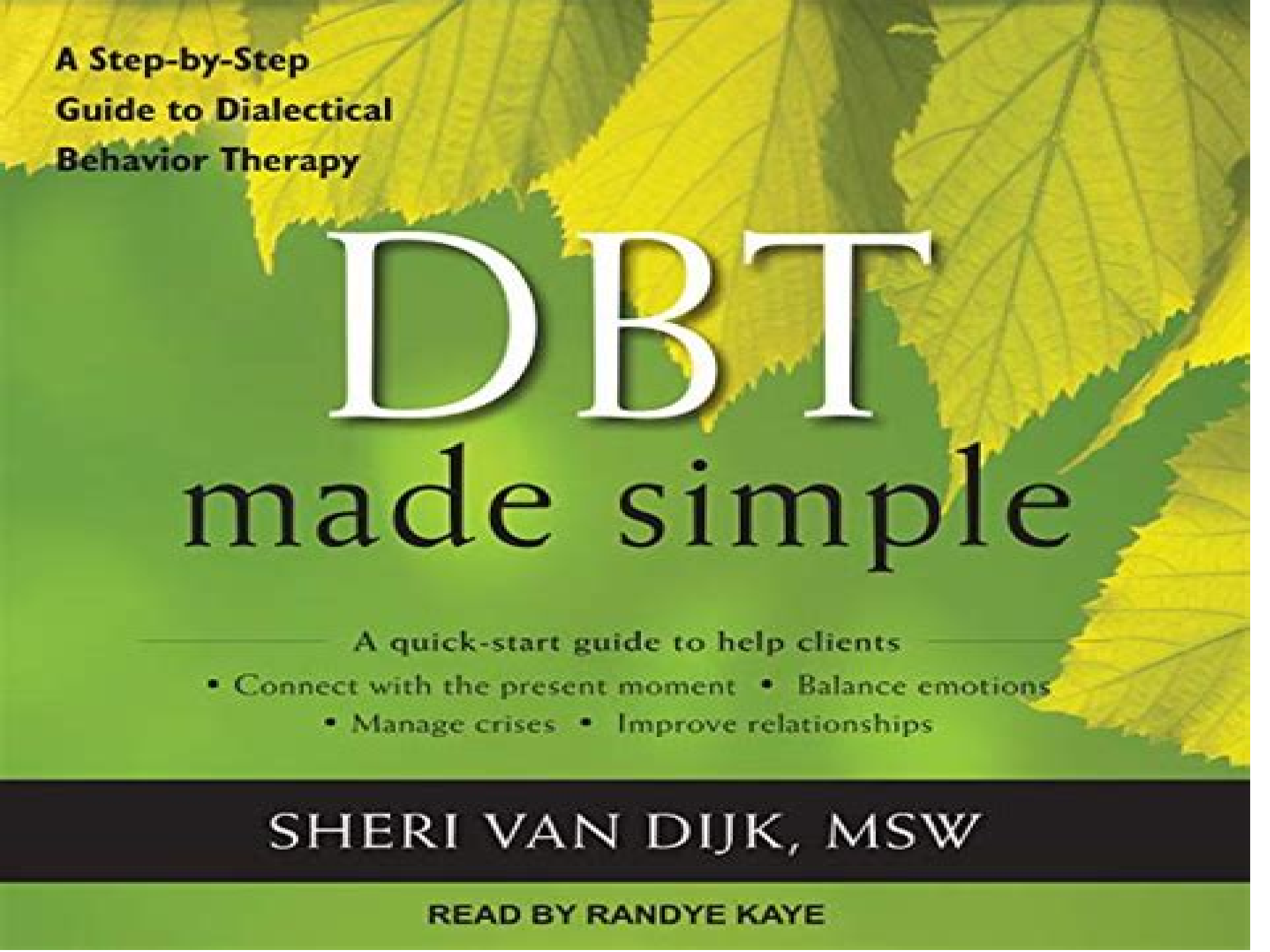




**A Step-by-Step
Guide to Dialectical
Behavior Therapy**

DBT

made simple

A quick-start guide to help clients

- Connect with the present moment
- Balance emotions
- Manage crises
- Improve relationships

SHERI VAN DIJK, MSW

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