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It is currently the gold-standard treatment for borderline personality disorder. She has written four books,

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including two treatment manuals: Cognitive-Behavioral Treatment for Borderline Personality Disorder and Skills Training Manual for Treating Borderline Personality Disorder, and her memoir, Building a Life Worth Living. She served on a number of editorial boards and has published extensively in scientific journals.

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Marsha M. Linehan (Author of Skills Training Manual for ...

Thomas R. Lynch, PhD, joined us for an interview on his book, *The Skills Training Manual for Radically Open Dialectical Behavior Therapy: A Clinician's Guide for Treating Disorders of Overcontrol*. What follows is our questions in bold italics, and Dr. Lynch's thoughtful responses.

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Depression - University of Washington

Dialectical behavior therapy (DBT) is an evidence-based psychotherapy that began with efforts to treat borderline personality disorder (also known as

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