
DBT FOR FAMILIES

HELPFUL RESOURCES

BOOKS

Porr, V. (2010). *Overcoming borderline personality disorder: A family guide for healing and change*. New York, NY: Oxford University Press.

Manning, S. (2011). *Loving someone with borderline personality disorder*. New York, NY: Guilford Press.

Fruzzetti, A.E. (2006). *The high conflict couple: A dialectical behavior therapy guide to finding peace, intimacy, and validation*. Oakland, CA: New Harbinger Publications.

ARTICLES

May, J.M., Richardi, T.M., & Barth, K.S. (2016). Dialectical behavior therapy as treatment for borderline personality disorder. *Mental Health Clinician*, 6(2), pp. 62-67.

WEBSITES

<https://behavioraltech.org/resources/resources-for-clients-families/>

<http://www.tara4bpd.org/>

<https://psychologytools.com/dbt.html>

<https://www.psychologytoday.com/articles/201309/the-chaos-borderline-personality-disorder-can-cause>

<https://www.dbtfamilyskills.com/resources-for-families-couples--friends.html>

PHONE APPS

The five main phone apps are listed here:

https://www.dbtselfhelp.com/html/instant_access_dbt.html