

A photograph of a male doctor and a female patient in a clinical setting. The doctor, wearing a white lab coat and a stethoscope, is looking down at a clipboard held by the patient. The patient, a man with a shaved head, is also looking at the clipboard. In the background, there is a blood pressure monitor on a stand and some medical equipment.

A Comprehensive Guide

# DBT Therapy Techniques

# Therapy Techniques Guide

**Rian McMullin**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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