

## Week 7 Module 3 - Techniques from Other Modalities (References)

### **Acceptance and Commitment Therapy (ACT)**

Harris, R. (2009). *ACT made simple: An easy-to-read primer on Acceptance and Commitment Therapy*. Oakland, CA: New Harbinger Publications, Inc.

Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2011). *Acceptance and Commitment Therapy: The process and practice of mindful change*. New York: The Guilford Press.

### **Dialectical Behavior Therapy (DBT)**

Linehan, M. M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. New York: The Guilford Press.

Linehan, M. M. (2015). *DBT skills training manual, second edition*. New York: The Guilford Press.

Linehan, M. M. (2015). *DBT skills training handouts and worksheets*. New York: The Guilford Press.

### **Compassion-Focused Therapy**

Gilbert, P. (2009). *The compassionate mind: A new approach to life's challenges*. Oakland, CA: New Harbinger Publications, Inc.

Gilbert, P. (2010). *Compassion focused therapy: The CBT distinctive features series*. New York: Routledge.

Gilbert, P., & Choden (2014). *Mindful Compassion: How the science of compassion can help you understand your emotions, live in the present, and connect deeply with others*. Oakland, CA: New Harbinger Publications, Inc.