

DBT Resources for Family and Friends of Individuals with BPD  
*Compiled by Dr. Sara A. Hosn for Members of DBT Family Skills Group*

***First and foremost:***

To Find a DBT Trained Therapist: [www.behavioraltech.org/resources/crd.cfm](http://www.behavioraltech.org/resources/crd.cfm)

To find a certified therapist: <https://dbt-lbc.org/index.php?page=101163>

***Online Resources:***

1) Family Skills - DBT Self Help by Perry D. Hoffman, Alan E. Fruzzetti and Charles R. Swenson, a comprehensive explanation of the use of DBT with families, couples, and friends. [www.dbtselfhelp.com/html/family\\_skills.html](http://www.dbtselfhelp.com/html/family_skills.html)

2) Borderline Personality Disorder - Family Connections Program Listen to this 15-20 minute MP3 audio recording as Perry Hoffman, PhD explains the difficulties faced by family members who have a loved one with BPD.

[www.borderlinepersonalitydisorder.com/family-connections.shtml](http://www.borderlinepersonalitydisorder.com/family-connections.shtml)

3) Helpful Guidelines for friends and families of people with Borderline Personality Disorder [www.borderlinepersonalitydisorder.com/family-connections/family-guidelines/](http://www.borderlinepersonalitydisorder.com/family-connections/family-guidelines/)

4) Several brief, pithy trailers from a well-reviewed video series If Only We Had Known: A Family Guide to Borderline Personality Disorder at [www.borderlinepersonalitydisorder.com/blog/information-news-corner/if-only-we-had-known-trailer/](http://www.borderlinepersonalitydisorder.com/blog/information-news-corner/if-only-we-had-known-trailer/)

5) What is DBT? [www.behavioraltech.com/resources/whatisdbt.cfm](http://www.behavioraltech.com/resources/whatisdbt.cfm)

6) National Education Alliance for Borderline Personality Disorder (NEA-BPD). This is an incredible resource for patients, partners, and families.

[www.borderlinepersonalitydisorder.com/](http://www.borderlinepersonalitydisorder.com/)

7) Treatment and Research Advancements Association for Personality Disorder, TARA APD [www.tara4bpd.org/dyn/index.php](http://www.tara4bpd.org/dyn/index.php)

8) DBT-Linehan Board of Certification:

1) Family Page: <https://dbt-lbc.org/index.php?page=101146>

2) Helpful Resources, Books, and Chapters: <https://dbt-lbc.org/index.php?page=101147#books>

### ***Books and Chapters***

#### ***I recommend as Supplemental reading for the group:***

As you will often hear me mention, everything covered and taught in this class is based on the work of Dr. Alan Furzetti, Dr. Perry Hoffman, Dr. Shari Manning, Dr. Valerie Porr, and of course Dr. Marsha Linehan. Here is the brief list of books that I recommend to you as parents and loved ones of individuals with BPD.

- 1) Manning, S.Y., Linehan, M.M. (2011). Loving Someone with Borderline Personality Disorder. Guilford Press.
- 2) Harvey, P & Rathbone, B (2015). Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges. New Harbinger Publication.
- 3) Fruzzetti, A.E., (2006). The High Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy & Validation. New Harbinger Publications, Inc., Oakland, CA.
- 4) Kastner, L.S., Russel, K.A. (2013). Wise Minded Parenting: 7 Essentials for Raising Successful Tweens and Teens. Parent Map.
- 5) Miller, M. & Beck, J. (2021). The Uncontrollable Child: Understand and Manage Your Child's Disruptive Moods with Dialectical Behavior Therapy Skills.
- 6) If Only I Had Known: A Family Guide to Borderline Personality Disorder (5 DVD Set). Dawkins Productions.

### ***DBT and Family Skills Related Blogs***

[www.validatingparenting.com/](http://www.validatingparenting.com/)

[www.dbtfamilyskills.com/blog.html](http://www.dbtfamilyskills.com/blog.html)