



Managing Therapy-Interfering Behavior: Strategies From Dialectical Behavior Therapy

Alexander L. Chapman, M. Zachary Rosenthal

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What happens when clients and practitioners get in the way of the therapy process? Therapy-interfering behavior (TIB) is a common issue. It can be intentional or unintentional, strategic or automatic, calculated or absent-minded, and sometimes it may come from the practitioner, or be mutually acted out with the client.

This highly approachable book presents strategies using dialectical behavior therapy (DBT), and addresses a large variety of common therapeutic challenges -- including problems with attendance, homework compliance, passive or aggressive behavior, and avoidance. Backed by a strong DBT framework, and supported by empirical discussion, case studies, and examples of therapeutic interactions, *Managing Therapy-Interfering Behaviors: Strategies from Dialectical Behavior Therapy* also takes the bold step of addressing how therapists can address their own therapy-interfering behavior. Topics such as therapist burnout and what to do when clients appear to be pushing therapeutic limits are covered.

The strategies presented apply to many types of patients, in many settings. With original research, detailed procedures, and concise syntheses of the large amount of research available, this book is a vital source for both seasoned DBT clinicians and those seeking to introduce elements of DBT in their clinical practice.

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