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dialectical behavior therapy in a nutshell - dbt self help - page 2 of 2 dimeff, l., & linehan, m.m. (2001). *dialectical behavior therapy in a nutshell. the california psychologist* , 34, 10-13. **contact with the individual therapist (addressing a literature review and analysis of mode deactivation therapy** - *ijbct volume 6, no. 4 evidence-based psychological interventions fourth edition* - 4 evidence-based psychological interventions fourth edition abbreviations abbt acceptance-based behaviour therapy act acceptance and commitment therapy adhd attention deficit hyperactivity disorder bdd body dysmorphic disorder bed binge eating disorder bmi body mass index bpd borderline personality disorder cat cognitive analytic therapy cbgt cognitive behavioural group therapy

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