

## **Workbooks for the course**

Both workbooks can be found on Amazon

Dialectical Behaviour Therapy Skills Workbook:

[https://www.amazon.ca/Dialectical-Behavior-Therapy-Skills-Workbook/dp/1684034582/ref=sr\\_1\\_1?crid=1AHPMYKBC6JHG&dchild=1&keywords=dialectical+behavior+therapy+skills+workbook&qid=1600783870&prefix=dialect%20Caps%20153&sr=8-1](https://www.amazon.ca/Dialectical-Behavior-Therapy-Skills-Workbook/dp/1684034582/ref=sr_1_1?crid=1AHPMYKBC6JHG&dchild=1&keywords=dialectical+behavior+therapy+skills+workbook&qid=1600783870&prefix=dialect%20Caps%20153&sr=8-1)

And

It's Simple by Luis Cleto

[https://www.amazon.ca/Its-Simple-structured-integrally-psychotherapy/dp/165420496X/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=1600784041&sr=8-1](https://www.amazon.ca/Its-Simple-structured-integrally-psychotherapy/dp/165420496X/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1600784041&sr=8-1)