

The 71 page manual and its 1 hr and 45-minute companion DVD video “*Synthesis of Dialectical Behavior Therapy and Therapeutic Community Treatment for Addiction/Mental Health troubled Clients; A gestalt perspective*” is applicable in any addiction/Mental Health setting, and an enhancement for individual and/or group therapy.

SYNTHESIS
of
DIALECTICAL BEHAVIOR THERAPY
and
THERAPEUTIC COMMUNITY TREATMENT
for
ADDICTION/MENTAL HEALTH TROUBLED CLIENTS
A Gestalt Therapy perspective

Prepared, presented, and copyrighted
By

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Endorsements:

“..... a remarkable synthesis of Dialectical Behavior Therapy principles, Gestalt theory and skill development. This book will be useful to a wide variety of clinicians. A must read for all who want to offer to their clients a combined Eastern and Western view of growth and development.”

Sonia March Nevis, Ph.D.
Director of the Center for the Study of Intimate Systems
International Gestalt Study Center

“This synthesis is particularly useful for its emphasis on the connection between affect or emotion regulation and addictive processes. Helga presents a clear and distinct understanding of this connection, along with specific interventions for the clinician. This work is informed by her years of clinical experience with addicted individuals, and her clear weaving of DBT and affect theory in the context of work in a therapeutic community. There is rich material for the working counselor in this book.”

Ray McGarty, MS, LADC, LCS
Executive Director, Southeastern NH Alcohol & Drug Services
Former Clinical Administrator of the Betty Ford Center

“This manual presents a respectful and convincing approach to addiction development and treatment by synthesizing DBT and Gestalt - Field theory perspectives. Helga focuses on restoring the necessary skills required for healthy organismic self- and

affect regulation by utilizing salient DBT and Gestalt treatment principles. Her work is clear, direct, and easy to use. Having worked in the substance abuse field at virtually every level, I find this manual refreshing and useful. This is essential reading for every addiction/mental health professional. I consider it an honor to add my endorsement to this system.”

Arthur Trundy, MS, CADAC, CCS

President: Safe Harbor Services; Immediate Past President of the
International Certification and Reciprocity Consortium;
Former Gorski/Cenaps Senior Trainer

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