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A manual-driven, group format approach to treatment for Borderline Personality Disorder, also known as Emotional Intensity Disorder DBT - Family Skills Training By Perry D. Hoffman, Alan E. Fruzzetti and Charles R. Swenson. Source: Family Process, Winter 1999 v38 i4 p399. Full Text COPYRIGHT 1999 Family Process, Inc. Components of DBT Developing the ability to think dialectically Mindfulness Skills training individually and in groups Support for therapist, for family Booktopia has DBT (R) Skills Training Handouts and Worksheets, Second Edition by Marsha M. Linehan. Buy a discounted Paperback of DBT (R) Skills Training Handouts and Worksheets, Second Edition online from Australia's leading online bookstore.