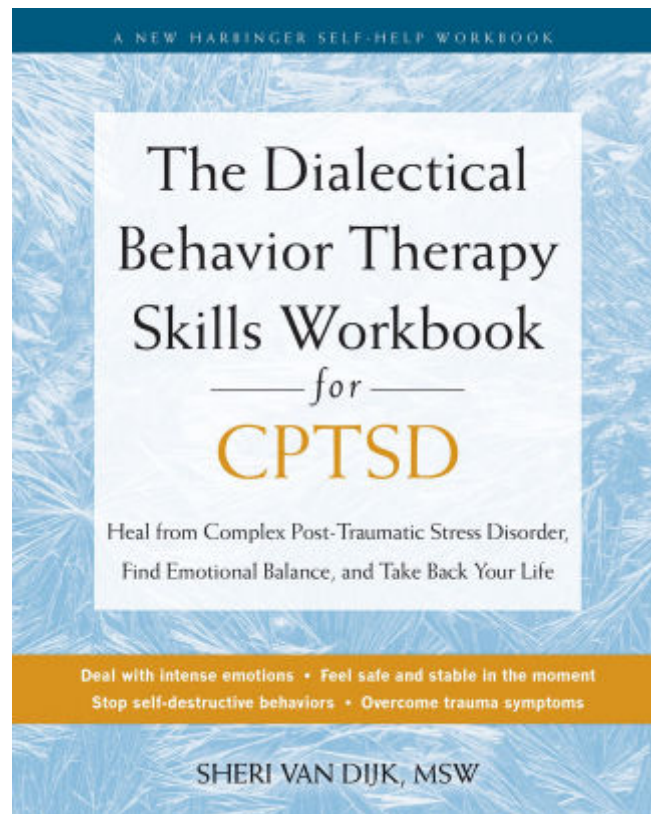


# The Dialectical Behavior Therapy Skills Workbook for CPTSD: Heal from Complex Post-Traumatic Stress Disorder, Find Emotional Balance, and Take Back Your Life

by Sheri Van Dijk MSW



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