

DBT AGREEMENTS

I. GOALS – MY LIFE WORTH LIVING

Client, with therapist support, will identify treatment goals that help create a “life worth living.”

II. STAGES OF TREATMENT

Stage 1: Severe behavioral dyscontrol → Behavioral control

Stage 2: Quiet desperation → Non-anguished experiencing

Stage 3: Problems in living → Ordinary happiness and unhappiness

Stage 4: Incompleteness → Capacity for joy and freedom

* When one stage is resolved we will move on to the next stage of treatment

* If issues arise that move you down a stage, we both agree to return to that level until that stage is resolved

III. HIERARCHY FOR STAGE 1

- Decrease 1) life threatening behaviors, 2) therapy-interfering behaviors, 3) quality of life-interfering behaviors
- Increase use of skills

IV. CLIENT AGREEMENTS

The client agrees to:

- A 6-month commitment to individual DBT therapy sessions, weekly (more if needed)
 - Attend all scheduled appointments; if you need to cancel, contact to reschedule
 - Abide by all terms in the informed consent
 - Come to session with completed diary card for that week and homework
 - Work as hard as possible on target behaviors and use skills on a daily basis
 - Attempt to work on problems that get in the way of participating fully in therapy

- The consultation structure for coaching calls

* The purpose for contact outside of session (email/phone) is to reinforce skills-use to natural environment

- Contact is for skills-coaching/repair work only and is done *before* engaging in ineffective behaviors
- Contact *after* engaging in target behavior will not be returned for 24hrs and will be _____ priority next session
- Prior to contact, client has to try to use skills; During contact, client will identify skills already tried
- Coaching calls are to last 10 minutes or less and are focused on skill behaviors
- Therapist will not answer/return calls that are made after ___ pm or before ___ am

- Participation in a DBT group and its agreements

- 4 consecutive missed sessions (includes individual and group) leads to termination or recommitment

THERAPIST AGREEMENTS

Therapist agrees to:

- Provide respect, nonjudgment, and validation toward the client, assuming that the client is doing the best they can in every moment and can also learn to do better by learning new skills
- Make every reasonable effort to conduct DBT as competently as possible
- Provide a dialectical stance, balancing the need for acceptance and change
- Make every reasonable effort to start/end sessions on time and offer consultation outside of session
- Provide continuity of care with the client’s treatment team
- Participate in regular consultation group meetings and obtain consultation when needed
- Obey ethical/professional guidelines

Patient Signature _____ Date _____

Therapist Signature _____ Date _____