

Congratulations on passing the exam!! Your next step on the path to Individual Therapist Certification is now open to you. The Work Product section of the certification process is composed of two parts. Part 1: Complete your DBT Case Conceptualization on the client whose tapes you will be submitting for adherence coding using this guide. (Be sure you do not include any information that will identify your client, including initials.) Part 2, when the Case Conceptualization passes review, you will then be invited to submit three consecutive videotapes of this client's actual treatment. Look for the information for how to do that in your congratulations email for having successfully passed the Case Conceptualization write up.

Dialectical Behavior Therapy Case Conceptualization

Therapist Name:

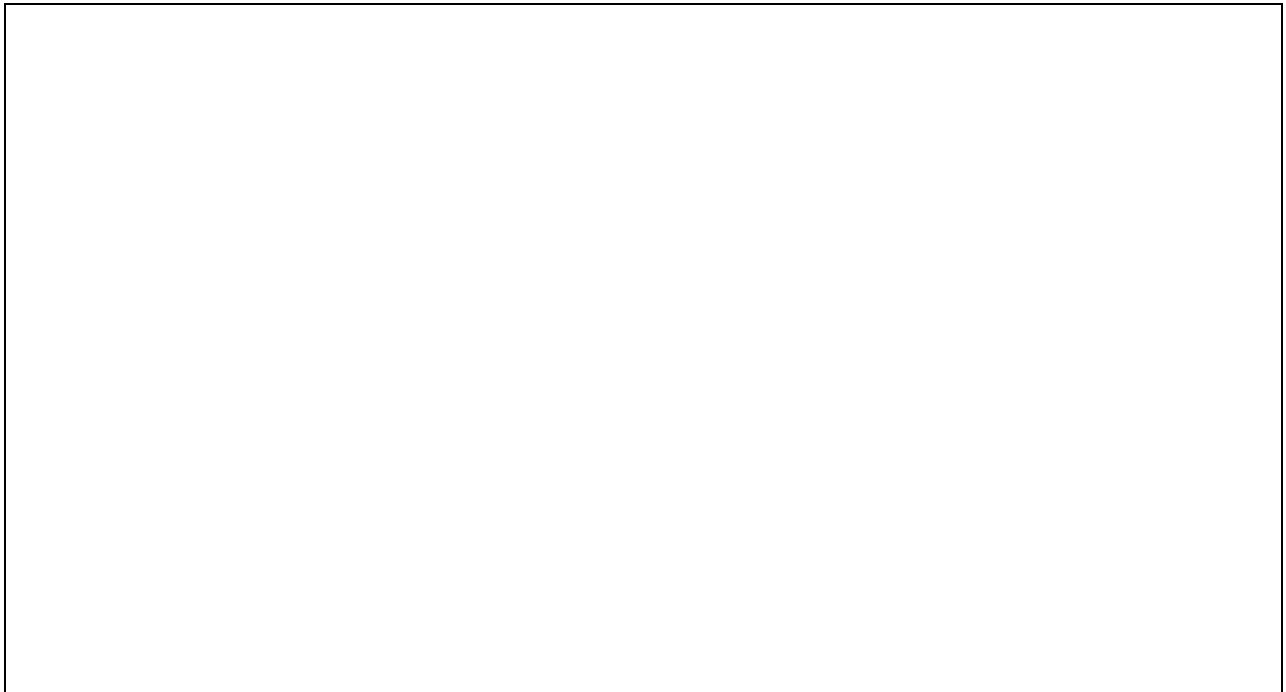
Date Submitted:

Length of time in DBT:

Complete your case conceptualization in the format below. Some topics ask for narrative in which case, write concise answers in paragraph form in the space provided. Some topics ask for lists and examples. Those have numbers. The numbers in the box are NOT an indication of how many responses are needed. You do not have to use all of the numbers in the box to get a correct answer. You can add numbers if needed.

Brief description of the client (narrative) using the following headings:

1. Demographics
2. Diagnoses/Presenting problems
3. Prior treatment history
4. Referral Source and reason for referral

A large, empty rectangular box with a thin black border, intended for the user to write a narrative description of the client based on the provided headings.

Give examples of how the client's behaviors are transactionally related to the environment. In the case of borderline personality disorder, give examples of how the client's behavior is etiologically related to the biosocial theory. (List the principles; describe the consequences and the client's relevant behaviors in narrative).

1.

2.

3.

4.

5.

6.

7.

List client's Life Worth Living Goals (those positive outcomes that make life worth living) since the beginning of treatment.

1.
2.
3.
4.

Translate the client's goals into a list of problems to be addressed in treatment.

1.
2.
3.
4.
5.

6.

7.

8.

| Describe the client's s stage of treatment and provide a narrative rationale for the stage you have identified.

List all primary targets since the onset of treatment for the client (in order). If the client is now in Stage 2 or Stage 3 but started treatment with you in Stage 1, include the primary targets from Stage 1.

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List any secondary targets (dialectical dilemmas) identified throughout treatment and give specific examples of those behaviors for this client.

1.
2.
3.

4.

5.

6.

Select 2 problem behaviors that have been targeted during the course of treatment that are functionally related to the client's central problem. List the controlling variables for the problem behaviors that you have assessed through chain analyses. Identify where the controlling variable was found on the chains, e.g. "dysfunctional link". As part of your narrative, provide a rationale as to why the problem behaviors you selected are central to the client's problem.

1. Target behavior #1 from the primary target list.

1.

2.

3.

4.

5.

2. Target behavior #2 from the primary target list.

- 1.

- 2.

- 3.

- 4.

- 5.

Describe the treatment plan/solution analysis for the controlling variables described above (they should address the controlling variables and should include the DBT change procedures being used).

1. Target behavior #1

- 1.

- 2.

3.

4.

5.

2. Target behavior #2

1.

2.

3.

4.

5.

Outcomes achieved so far (narrative with specific quantitative outcomes). If you use standardized measures, e.g. the BSL 23, BDI, SCID, etc., please include which ones along with the data from them. If you use diary card data, e.g. self-harm behaviors, use of alcohol or other drugs, etc., briefly describe how you measure (yes/ no, 0-5, etc.) the behaviors.

A large, empty rectangular box with a thin black border, intended for the user to provide a narrative and quantitative report on outcomes achieved so far. The box is currently blank.