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Maple Leaf DBT Skills Training Clinical Agreement

Client Name: _____

Primary Treatment Provider Name: _____

Skills Training Agreement

Skills group consists of weekly meetings to learn and help apply new skills to problems in everyday living that cause suffering. Four skills sets are taught. Mindfulness skills, at the core of the curriculum, involve developing awareness and learning to control attention. These skills are taught for the first two weeks of each 8 or 9-week module. The remaining six/seven weeks of each module will focus on one of the following skills sets: how to improve interactions with others, how to regulate intense emotions, and how to tolerate distress in ways that are not harmful to one-self or others. To work through the entire program takes about 6 months. Most people learn the skills most effectively if they complete the full curriculum twice; for this reason we require that members commit to coming for one year. We offer two groups on Wednesdays. One meets from 11:30 to 2:00 and the other from 4:00 to 6:30.

Members agree to the following:

- 1) To attend skills training sessions on a regular basis.
- 2) To be in ongoing individual therapy for the duration of the group year.
- 3) To avoid coming to group under the influence of drugs or alcohol.
- 4) To not discuss past (even if immediate) suicidal, self-harm behaviors, drug use, or other impulsive behaviors with other members in group or outside of group.
- 5) To keep information obtained during sessions, as well as the names of members, strictly confidential.
- 6) To call the group leaders ahead of time when they will arrive late or miss a group.
- 7) To not form sexual relationships with other group members.
- 8) To pay regularly. Tuition for group is \$665 for each 8-week module, \$745 for each 9-week module to be paid at the start of each module or \$2075 for six months to be paid at the start of group and at the six month halfway point. This to be determined by arrangement with Bob Goettle or Noelle Mestres. If paying by cash, the discounted rate is \$640 per 8-week module and \$720 per 9-week module.

Crisis Planning Agreement

The primary therapist for each member agrees to assume and maintain full clinical responsibility for the member, including handling clinical emergencies such as suicide crises. The primary therapist must submit a written crisis plan (use the form provided) before the member can begin skills training, and agrees to notify skills leaders ahead of time if the therapist's availability to handle crises becomes interrupted for any reason (e.g. suspension of treatment, out of town, etc.). The skills group leaders will advise the member to call his or her therapist if the member threatens or inflicts self-injury. The skills group leaders will call for emergency services if the member threatens or inflicts self-injury and the therapist cannot be located to handle the crisis.

Consultation Agreement

If a conflict arises between the member and his/her primary therapist and is brought up during a skills session or phone call, group leaders or members might provide consultation to the member on strategies for resolving the conflict or problem. One goal of skills training group is to support members in developing skills that will strengthen their relationships and self-confidence. Ultimately, group members and leaders cannot resolve issues that are between members and their respective therapists, although leaders will encourage members to do so.

If a member has a conflict with a DBT skills leader, she/he is encouraged to practice using interpersonal effectiveness skills in resolving it. The primary therapist may be a useful source of support and information about this. It will be most helpful when the primary therapist provides the client with consultation regarding how to work most effectively with skills leaders. While this may sometimes be difficult, the expectation is that this stance will be empowering for the member.

The skills trainers agree to consult with colleagues on the consultation team for the purpose of getting help in being as effective as possible in conducting skills groups.

Member Signature

Date

Primary Therapist Signature

Date

Skills Group Leader Signature

Date