

Sheppard Pratt
Retreat Outpatient Dialectical Behavior Therapy (DBT) Program

Treatment Contract

Client name: _____

Primary Therapist: _____

DBT Lead Therapist: _____

The primary aim of this program is to provide psychotherapy using standardized assessments and therapies with demonstrated effectiveness. In order to be able to determine whether a treatment we are providing is effective, we measure our clients' improvement over time. For this reason, we make use of various assessments approaches (e.g., self report and clinical interviews) in our practice.

To make DBT skills and therapy groups successful experiences, it is essential that the client be under the care of a primary mental health treatment provider (a primary therapist who sees you at least once per week) while participating in the program. DBT skills/therapy groups and phone coaching are not a substitute for the treatment provider for each client's primary provider. It is also very important that each treatment provider for each client understands and agrees to the client's participation in the DBT skills training and therapy groups. Each client has responsibilities, described below, that must be met if DBT is to be successful.

Treatment Agreement

The treatment consists of weekly group skills training and weekly group therapy to help with applying new skills to everyday life. Four sets of skill: how to stay in the moment, how to regulate intense emotions, interact effectively with others, and tolerate distress, in ways that are not harmful to oneself or others are taught in four separate four-week modules. Mindfulness skills involve effective awareness and learning to control attention. Thus, it takes four months to complete the full set of skills modules one time. Most people learn the skills most effectively if they complete the full set of skill modules three times (one year total). You may participate in the DBT program for 4 months from the date of your first skills training session. In addition to your individual therapy, your participation in this program will involve one 90 minute group therapy session once per week and one 90 minute skills group once per week.

I am voluntarily requesting to be treated in the Dialectical Behavior Therapy Program. The guidelines of the program and its foundation in Marsha Linehan's Cognitive Behavioral Treatment for Borderline Personality Disorder (Guilford Press, 1993). I understand that this program includes identifying patterns of reinforcement for behaviors that I want to change and that I do not need to have borderline personality disorder in order to benefit from this treatment. It also requires that I take responsibility for my

actions. There will be times when I will not get the response from therapists that I might have expected in the past, and this might increase my distress temporarily or put greater burden on others concerned about me. I am agreeing to complete a minimum of 4 months in the program.

I give the staff of the Dialectical Behavior Therapy Program permission to contact my significant other (including my therapist, psychiatrist, and social worker/case manager involved in my treatment and family members), but I understand that I am personally responsible for conveying any essential information.

I will not assume that professionals involved in my treatment will pass important information along to others, but I understand that they may do so when they feel it is necessary for their own supervision/consultant or my treatment.

I understand that if I miss 4 out of 5 session of DBT group therapy or skills group for any reason, I will have voluntarily dropped out of DBT. I also understand that I must maintain individual therapy with a primary therapist and if I do not, I will no longer be able to participate in the DBT program.

I understand that I can request further clarification when I have a question regarding specific application of any parts of this authorization. I understand that I may speak with the DBT Program Director if I have any concerns.

I understand that payment for services is paid in total at the beginning of each month. Each group is \$175 per session. This totals \$350 per week that equals \$1400 per month when there is 4 weeks and \$1750 when there are 5 weeks in the month. There will be no refund for missed sessions.

I agree to the following:

1. To attend the skills and therapy groups on a regular basis
2. To avoid coming to group under the influence of drugs or alcohol
3. To not discuss past (even if immediate) suicidal, self-harm behaviors, drug use, or other impulsive behaviors with other clients in group or outside of group.
4. To keep information obtained during sessions, as well as the names of clients, strictly confidential
5. To call the group leaders ahead of time when you will arrive late or miss a group
6. To not form sexual relations with other group members
7. To pay my bill on time and in full

Ground Rules

1. Clients who drop out of DBT are out of DBT. "Dropping out" means missing 4 sessions out of 5 consecutive Skills Groups or 4 out of 5 consecutive Therapy Groups.
2. Each client must be in ongoing psychotherapy and have authorized communication between therapists.

3. Clients are not to come to sessions under the influence (or appearing to be) of alcohol or illicit drugs.
4. Clients are not to discuss past (even if immediate) parasuicidal behaviors with other clients outside the group.
5. Clients who call one another for help when feeling suicidal must be willing to accept help from the person called.
6. Information obtained during sessions, as well as the names of clients, must remain confidential.
7. Clients who are going to be late or miss a session must call ahead of time.
8. Clients may not form “private” (that is “secret”) relationships with one another outside of groups. If it cannot be discussed in group, don’t say or do it.
9. Sexual partners may not be in DBT groups together.
10. Physical violence, intimidation, or destructive comments are unacceptable.
11. Skills training group or therapy group therapists may be telephoned when there is need for “coaching” to use DBT skills and the primary therapist is unavailable. Skills coaching is not a crisis call and is limited to 10-15 minutes. Clients are expected to have tried practicing skills before calling for skills coaching. Skill coaching availability is based on the therapist’s limits which may vary between therapists.

Patient Signature

DBT Group Therapist Signature

DBT Skills Group Therapist Signature

DBT Program Director Signature