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Dialectical Behavior Therapy Commitments for Adolescent and Family Participants At Intake

- DBT is an intensive Outpatient Program that requires a 6.5-month to 1-year commitment. This is not something to commit to lightly. The length of the program is necessary to create sustainable behavioral change.
- DBT manages missed sessions in a particular way. The concept of “vacation” is a strategy where clients will be unable to participate in the program for a determined time frame to fully negotiate their commitment. A vacation is an individualized plan that will be discussed if/when necessary by your treating therapist.
- DBT consists of **BOTH** individual therapy and a skills group. Both the individual and group work **MUST** be occurring in order for the individual to stay in the program.
- DBT involves the use of coaching calls between the individual and treating therapist to interrupt problem behavior and to support the individual in making changes to current methods of managing difficulties and issues that may arise during treatment. It is a necessary and important part of the program.
- Phone coaching and crisis intervention protocol will be discussed with your individual therapist.
- You must **CALL** to receive coaching. **Our coaching lines do not have texting capabilities.**
- Transition from your current therapist is a requirement to participate in the DBT program. We do encourage clients to transition effectively from their current therapist to their new DBT therapist.
- DBT assigns homework to clients, which is a necessary part of the change process. Completion is key.
- The program not only requires the adolescent to be in individual and skills group for 6 months to 1 year, parents/guardians are required to participate in a 20-week family group as well. The group teaches many of the same skills taught to the adolescent and includes a module that brings the families and adolescents together for the last 5 weeks of the family group.
- The family is also required to make a large commitment to treatment, as they are usually the transportation and method by which the adolescent can attend regularly. Furthermore, adolescents model themselves after their family’s priorities. A unified approach is key.
- Family therapy is also a necessary and important part of the therapeutic process and will occur as determined by the therapist and the adolescent.
- To model skillful “goodbyes,” we will continuously attempt to engage our clients in a face to face dialogue prior to drop-out or discharge including phone calls to schedule a final termination session.
- If you do not successfully complete at least 6.5 months of the DBT program and are discharged, you will be required to get back on the wait-list for services.
- We are a teaching clinic and take adherence seriously. To improve delivery, therapists audio record sessions. Your therapist will discuss this further with you in your first session.

Overall, DBT is a comprehensive treatment that results in sustainable change. If appropriate for you and your family, it requires willingness to stay committed in order to achieve results. We are excited that you have joined us and look forward to working with you towards change.

Assessor: _____ Date: _____

Parent/Guardian: _____ Date: _____

Participant: _____ Date: _____