

## Questions to ask when picking a DBT Program

Research studies looking at Dialectical Behavior Therapy (DBT) strongly suggest the best therapy outcomes come from a fully comprehensive DBT program run by highly trained staff who are adherent to the DBT model. We at the Portland DBT Institute are committed to delivering high quality, comprehensive DBT services, and want individuals to be informed consumers and access quality evidence based therapeutic services. Educating yourself on what a program offers is critical when deciding on which program to attend and ensuring the program is of assistance in helping you reach your goals. The following is a list of questions to ask a potential program to ensure they are able to deliver DBT with high fidelity.

1. Have you completed a ten-day intensive/comprehensive DBT training? If yes, was it led by a nationally-recognized DBT expert<sup>1</sup>?
2. Are you on a DBT Consultation Team? If yes, what percentage of your DBT team has been intensively/comprehensively trained by a recognized DBT expert?
3. Do clients in the program do diary cards?
4. Have your DBT cases been supervised by a recognized DBT expert? If yes, has your supervisor listened to audio/video recordings of your sessions?
5. Have you completed any of the BTECH DBT online courses ([www.behavioraltech.org](http://www.behavioraltech.org)) or participated in the DBT Track of PracticeGround ([www.practiceground.org](http://www.practiceground.org))?
6. Do you routinely audio/video record your DBT individual therapy sessions and does your DBT Team listen to and critique each other's sessions to make sure you are doing adherent therapy?
7. Are you a DBT Certified Clinician through the DBT-Linehan Board of Certification? (see <http://www.dbt-lbc.org/>). If no, do you intend to apply? When?
8. Do you offer all of the following elements of comprehensive DBT?
  - a. DBT individual therapy (one hour weekly),
  - b. DBT skills training class (typically two hours weekly),
  - c. DBT Consultation Team (one hour per week for clinicians), and
  - d. Phone Consultation (as-needed, provided by the individual therapist, and available 24-hours per day).

Questions about this list? Feel free to contact us at [info@pdbti.org](mailto:info@pdbti.org), or by calling (503) 231-7854. We look forward to hearing from you!

<sup>1</sup> A DBT expert is someone who has: Been directly supervised by Dr. Linehan at the University of Washington; has published journal articles on DBT in peer-reviewed journals; and/or is selected by Linehan to evaluate applicants as part of the DBT Certification process.