

Seeking client feedback on DBT phone coaching approaches.

Do you receive **phone coaching** within a comprehensive **DBT program**? We want to hear about your experiences!

We are collecting data on clients' experiences in their DBT program, including:

- General demographic information
- Services utilized/offered by your DBT program & use of DBT skills
- Use of mental health services, mental health symptoms, and behaviors you may have worked on in therapy

We estimate the survey will take approximately **15-20 minutes**. All responses are confidential and anonymous, and no information will be published that could identify you from your individual responses.

Requirements for Participation:

- Over the age of 18
- A resident of the United States
- Have been in (or are currently in) a comprehensive DBT program (i.e., programs with individual therapy, group skills training, consultation team, and phone coaching)

Potential Benefits:

There is no direct benefit to completing this survey, although data may be useful to the larger DBT community. Our hope is this study will provide useful information on which approaches to phone coaching are most effective at increasing DBT skills use.

Eligible participants will have the option of being entered in a lottery to win one of ten possible **\$100 gift cards**.

Click on the link below or scan the QR code to participate:

<https://www.surveymonkey.com/r/S28Y3TZ>



For more information, please contact the lead investigator Andrew White, PhD, ABPP at awhite@pdbti.org or (503) 290-3281.