

## Comprehensive DBT Checklist

*The following are a list of questions to help guide clients in determining if a DBT program meets the standards for comprehensive DBT and follows the structure of the treatment model as it was designed and researched. There are many practices and therapists that offer components of DBT and it is important for clients to know the difference between DBT informed treatment and comprehensive and/or adherent DBT treatment. Affirmative responses indicate the program is structured with fidelity to the model as it was developed by Dr. Marsha Linehan.*

<u>Program Components</u>	<u>Yes</u>	<u>No</u>
Are there clear inclusion and exclusion criteria for the program?		
Does the program offer DBT skills training group and individual DBT for each client?		
Do all DBT therapists attend DBT Consultation Team on a weekly basis?		
Do DBT therapists provide after-hours phone coaching to their clients in the program?		
Is treatment time limited (approximately 12 months)?		
Do clients have the option to renew their 12 month treatment contract contingent upon progress and improvement?		
Does the program apply the 24-hour rule?		
Does the DBT program have an attendance policy (i.e. 4 miss rule)?		
Does the program collect outcome data?		
Does the length of the program allow for 2 full rotations of the DBT skills in group?		
Is the program structured so that DBT is offered as a complete and comprehensive package of services (i.e. group, individual, phone coaching, and team consultation)?		
Does the DBT team review and practice the DBT Team Consultation Agreements?		
Are clients provided with individualized weekly DBT Diary Cards?		
Do clients receive commitment/orientation sessions to determine appropriateness, fully orient to DBT, and set treatment goals prior to starting the program?		
Have all members of the team undergone foundational, intensive, or extensive training in DBT?		