

Consult Group Agreements

1. **To accept a dialectical philosophy**-We agree to accept a dialectical philosophy: There is no absolute truth. When caught between two conflicting opinions, we agree to look for the truth in both positions and to search for a synthesis by asking such questions as, “What is being left out?”
2. **To consult with our own patients** on how to interact with other therapists and not tell other therapists how to interact with the patient. This is the DBT practice of therapist as-consultant-to-patient. We agree that the primary goal of this group is to improve our own skills as DBT therapists, and not serve as a go-between for patients to each other. We agree to not treat patients or each other as fragile. We agree to treat group members with the belief that others can speak on their own behalf.
3. That **consistency of therapists** with one another (even across the same patient) **is not necessarily expected** because change is a natural life occurrence, we agree to accept diversity and change as they naturally come about. This means that we do not have to agree with each other’s positions about how to respond to specific patients nor do we have to tailor our own behavior to be consistent with everyone else’s.
4. That all therapists are to **observe their own limits** without fear of judgmental reactions from other consultation group members. We agree to observe our own limits. As therapists and group members, we agree to not judge or criticize other members for having different limits from our own (e.g., too broad, too narrow, “just right”).
5. To **search for non-pejorative, phenomenologically empathic interpretations** of patients’, our own, and other members’ behavior. We agree to assume we and our patients are trying our best and want to improve. We agree to strive to see the world through our patients' eyes through one another's eyes and we agree to practice a non-judgmental stance with our patients one another.
6. That **all therapists are fallible**. We agree ahead of time that we are each fallible and make mistakes. We agree that we have probably either done whatever problematic things we’re being accused of, or some part of it, so that we can let go of assuming a defensive stance to prove our virtue or competence. Because we are fallible, it is agreed that we will inevitably violate all of these agreements, and when this is done we will rely on each other to point out the polarity and move to a synthesis.

Signature

Date

Therapist Agreements

Therapist must agree to follow all points below to be able to conduct DBT therapy and be part of the DBT consultation team

1. The therapist will make every reasonable effort to conduct the therapy as competently as possible.
2. The therapist strictly adheres to standard ethical guidelines and professional ethical code.
3. The therapist agrees to come to every scheduled therapy session, to cancel sessions in advance when necessary, and to reschedule whenever possible.
4. The therapist will respect the integrity and rights of the patient.
5. The therapist agrees that a patient doesn't fail but the therapy does.
6. The therapist agrees to maintain records appropriate to a forensic setting and inform the patient of such.
7. The therapist agrees to prioritize the consultation group meeting, attend regularly, and on time.
8. The therapist agrees to obtain support and consultation from other members, and provide support and consultation.
9. The therapist agrees to remain up-to-date on DBT interventions and strategies and to share new information with others.
10. The therapist agrees to read, at minimum, the books Cognitive Behavioral Treatment of Borderline Personality Disorder, Skills Training Manual for Treating Borderline Personality Disorder, and Don't Shoot the Dog

I agree to the above agreements:

Printed Name: _____

Signature

Date