

DBT Consultation Team Schedule

Mindfulness (alphabetic rotation; 10 minutes)

Feedback / Chain analysis on any latecomer (5 minutes)

Case Consultation(45 Minutes)

Consult Schedule

1. **Read and approve** minutes/summary of last consultation.
2. **Administrative issues** (very brief)
3. **Case presentations** (trying to limit to three)

Leader (same as mindfulness leader):

1. sets agenda
2. times meeting
3. reads one of the dialectical agreements

“Observer” (leader from previous week) observes and rings bell lightly when:

1. **dialectic unresolved**
2. anyone (patients or therapists) treated as **fragile (elephant in the room)**
3. **judgmental/non-compassionate** comment is made
4. **defensiveness arises**, forgetting that we are all fallible
5. **non-mindfulness**, doing two things at once appears
6. **solutions given** before problem is assessed
7. **treatment recommendations/comments violate DBT principles**
8. **consultant-to-the-team intervening**, doing rather than teaching

Tasks of consultation members:

1. 1st, get agreement on problem presented and get it defined behaviorally

(client behavior is problem; therapist behavior is problem; therapist wants to summarize and get validation/cheerleading/praise/sympathy)
2. 2nd, assess problem behaviorally:
 - a. look for reinforcers (positive or negative)
 - b. look for aversive consequences to functional responses
 - c. look for inadequate or inappropriate stimulus control
 - d. consider skills deficits
 - e. ask about secondary targets that might be contributing
3. 3rd, suggest strategies based on assessment/formulation