

# 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. 1<sup>st</sup>, 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. 2<sup>nd</sup>, 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. 3<sup>rd</sup>, suggest strategies based on assessment/formulation