

Problem-Solving Checklist for Stage 1 DBT Client



Portland DBT
INSTITUTE

Getting Started: Max 10 minutes

<i>Task</i>	<i>Time Est.</i>	✓ <input type="checkbox"/>
Warm welcome/Chit chat.....	1-3 min	<input type="checkbox"/>
Ask for DBT Diary Card.....	1-5 min	<input type="checkbox"/>
If C does not have DC (and this is NOT usual), have C complete one		
Strategic Review of Diary Card (Outloud).....	1-5 min	<input type="checkbox"/>
Attend first to highest order targets		
Clinically reinforce behaviors that are improving		
Pay attention to anything else of significance to you/client		
Collaboratively Establish Topics/Agenda for Today's Session.....	1-3 min	<input type="checkbox"/>
Identify those topics for discussion based on DBT Target Hierarchy		
Explicitly ask C if she/he has topics he/she would like to discuss		
Tips: C has control (mostly) of agenda when no target behaviors		
Collaboratively decide ORDER of Topics Discussed.....	1-2 min	<input type="checkbox"/>
Check on other treatment modes.....	1-3 min	<input type="checkbox"/>

Analyze and Solve Primary Target for Session: 20-25 Minutes

Conduct behavioral chain analysis.....	<input type="checkbox"/>
Conduct solution analysis.....	<input type="checkbox"/>
Troubleshoot solutions.....	<input type="checkbox"/>
Get Commitment.....	<input type="checkbox"/>

Practice/Drag Out New Behavior: 3-15 Minutes.....

Second Topic.....

Discuss & Behaviorally Assess, Solve, and/or TroubleShoot (if needed)

Third Topic.....

Discuss & Behaviorally Assess, Solve, and/or TroubleShoot (if needed)

Wrap Up.....

Help ease transition

Assign homework

Assess urges to quit or engage in target behavior(s)

COMMENTS