

Name: _____

Team: _____

Portland DBT
INSTITUTE

DBT Comprehensive Training and Implementation Initiative

Individual Homework and Scoring Sheet

	Not Started	Partially Complete	Mostly Complete	100% Complete
1. Explain biosocial theory to three people (at least one in a clinical context. (1 point per explanation)	0	1	2	3
2. Explain what BPD is three times using the Linehan's five areas of dysregulation (1 point per time)	0	1	2	3
3. Select / read two articles on neurobiology provided to you in the team materials. Generate three multiple-choice questions for each article. Provide the answer to the question.	0	1	2	3
4. Read articles provided in your individual packet	0	1	2	3
5. Memorize Suicide Risk Assessment Protocol (Chapter 15)	0	1	2	3
6. Develop a client-specific diary card that reflects their specific problem behaviors.	0	1	2	3
7. Develop a diary card for you that addresses specific behaviors of your own that you are targeting; monitor your behavior using your own diary card for 2 weeks.	0	1	2	3
8. Address therapy interfering behaviors: one of yours, one of a colleagues, and one of a client's.	0	1	2	3
9. Practice all six levels of validation (.5 point for each level).	0	1	2	3
10. Teach three times the DBT Model of Emotion	0	1	2	3
11. Lead mindfulness practice three times: At least once with colleagues and one with clients. Use at least once Observe, Describe, and Participate.	0	1	2	3
12. Conduct three chain analyses where you also weave in solution analyses that fit the dysfunctional links.	0	1	2	3
13. Practice commitment strategies in the context of getting a commitment during Pre-Treatment session.	0	1	2	3
14. Tell a story that involves a metaphor as a way to convey an important clinical point.	0	1	2	3
15. Develop a teaching story for no less than 2 skills in each of the four DBT skills training modules.	0	1	2	3
16. Practice each DBT skill – all the way.	0	1	2	3
17. Complete worksheets from Linehan's 2014 DBT Skills Training Handouts and Homework Sheets Manual.	0	1	2	3
18. Select a patient of yours. Create a mini case conceptualization that includes a list of all their problem behaviors you and they have agreed to target. List the behavioral targets in hierarchical order using the DBT behavioral target hierarchy.	0	1	2	3
19. Using PubMed, PsycInfo, or Google Scholar, find no less two articles on the benefits of employment for people with severe, complex mental illness including BPD.	0	1	2	3
20. Select a behavior you <i>really</i> want to change – either a behavior to increase or decrease. For one week (at least), practice changing this behavior using the principles of behavior change.	0	1	2	3

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21. Practice strategic use of stylistic strategies in clinical context.	0	1	2	3
22. Lead mindfulness (1 point per occasions). Make sure to provide a story, give explicit instructions for how to do it, and make it personal.	0	1	2	3
23. Complete DBT Exam, open and closed book	0	1	2	3

Individual Homework Score: _____

DBT Exam (Closed): _____

DBT Exam (Open): _____