

## DBT Comprehensive Training and Implementation Initiative

### Team Assignments

|  | Not Started | Partially Complete | Mostly Complete | 100% Complete |
|--|-------------|--------------------|-----------------|---------------|
| 1. Identify & write out 3 problems your team needs help with.  | 0           | 1                  | 2               | 3             |
| 2. Apply Team Consultation Team Agreements.  | 0           | 1                  | 2               | 3             |
| 3. Develop or modify DBT Consultation Team Structure.  | 0           | 1                  | 2               | 3             |
| 4. Write out your program's Inclusion/Exclusion criteria for admission to your DBT Program.  | 0           | 1                  | 2               | 3             |
| 5. Read and discuss no less than six articles provided to team leader on Neurobiology.   | 0           | 1                  | 2               | 3             |
| 6. Read TWO of the three: <u>Doing Dialectical Behavior Therapy: A Practical Guide</u> (Koerner, 2011), <u>Dialectical Behavior Therapy in Clinical Practice</u> (Dimeff & Koerner, 2007), <u>DBT Principles in Action</u> (Swenson, 2016).                              | 0           | 1                  | 2               | 3             |
| 7. READ: Don't Shoot the Dog.  | 0           | 1                  | 2               | 3             |
| 8. READ: Either Beck's <u>Cognitive Therapy for Depression</u> or David Burn's <u>Feeling Good</u> or <u>Overcoming Depression One Step at A Time</u> (Addis & Martell, 2004) or Martell, Dimidjian, and Herman-Dunn (2013), <u>Behavioral Activation for Depression</u> | 0           | 1                  | 2               | 3             |
| 9. READ: <u>Overcoming Borderline Personality Disorder: A Family Guide to Healing and Change</u> (Porr, 2010).   | 0           | 1                  | 2               | 3             |
| 10. Each member practices at least twice "leaning in" and radical vulnerability on team.   | 0           | 1                  | 2               | 3             |

**TOTAL TEAM ASSIGNMENT SCORE:** \_\_\_\_\_

**SECTION B:** List team members' names. *Individual score* = each participant's score from their individual homework assignments. *Exam (Closed)* = Score on DBT exam taking the exam closed-book. *Exam (Open)* = DBT exam score second time around using the manual.

| B. List Team Members by Name  | Individual Homework Score (B1) | Exam (Closed) (B2)   | Exam (Open) (B3)     |
|---|--------------------------------|----------------------|----------------------|
| 1.  |                                |                      |                      |
| 2.  |                                |                      |                      |
| 3.  |                                |                      |                      |
| 4.  |                                |                      |                      |
| 5.  |                                |                      |                      |
| 6.  |                                |                      |                      |
| 7.  |                                |                      |                      |
| <b>SUB TOTAL</b>  | Sum of B1 Scores               | Sum of B2 Scores     | Sum of B3 Scores     |
| <b>TEAM AVERAGE (by Category)</b><br>For each category, take sum total and divide by # of team members. | Average Score for B1           | Average Score for B2 | Average Score for B3 |

**Sum of Team Averages across Categories** for each category (B1, B2, B3)

**Total Team Assignment Score (Section A) PLUS Sum of Team Average**