

HOW TO KNOW IF A THERAPIST DOES DBT

These are questions you should ask:

- Have you completed a 10-day intensive DBT training?
- Are you a member of a DBT consultation team?
- Have you been supervised by an expert DBT therapist?
- Are you familiar with the main sets of DBT strategies (cognitive behavior therapy, validation, dialectics)?
- Do you teach skills, practice behavior analysis, review diary cards?
- Do you do phone coaching?
- How many clients have you treated using DBT?

The answers to these questions should be yes. You have a right to check on the therapist's credentials; to know if the therapist is licensed in his/her province/state; to know the extent and nature of the therapist's education and training; the extent of the therapist's experience in treating clients with similar problems; the therapist's arrangements for coverage or emergency contacts.

Adapted from the work of Ms. Valerie Porr at Tara4BPD