

DBT Treatment Agreement

I am familiar with the theory, assumptions, and format of Dialectical Behavioral Therapy (DBT).

I am committed to working on reducing my suicidal and self-injurious behaviors, and replacing these behaviors with skillful behaviors as I learn them.

I agree to attend my individual therapy appointments and to arrive on time. I will call ahead if I am unable to attend, and I know that I will be charged my regular fee if I cancel with less than 24 hours notice, except in cases of emergency. I am aware that I will not always be perfect in my adherence to this agreement, and I agree to do a functional analysis when I am late or miss a session.

I agree to fill out Diary Cards weekly, and have them ready at the beginning of therapy. I agree to do a functional chain analysis when I do not have Diary Cards filled out prior to session.

I agree to attend skills class. I understand that dropping out of skills class constitutes dropping out of the DBT program, including my individual therapy.

I understand the 24 hour no-contact rule.

I understand the parameters of DBT phone coaching.

I agree to remain in DBT therapy for _____ months. I agree to use my skills to work out any interpersonal problems that come up with my therapist(s) rather than drop out of therapy.

I agree that if I do want to drop out of therapy, I will see my therapist at least one more time to discuss my urge to quit.

Print Name

Client Signature

Date