



DBT Skills Group Pretreatment Checklist/Contract

Client Name _____ DOB: _____

Thank you for your interest in Dialectical Behavior Therapy (DBT) Skills Group at Central Minnesota Mental Health Center (CMMHC). It is important to the success of clients entering the groups that they have a full understanding of what their involvement in group requires. Below is a checklist to review before starting DBT Skills Group. This checklist is reviewed during the orientation session.

- Client understands clinical diagnosis and how the symptoms will be addressed by involvement in the DBT Skills Group. The intensity of symptoms and the service match.
- There is a signed Release of Information (ROI) for the client's individual therapist so that DBT skills group leaders can communicate attendance and concerns for follow-up.
- A Comprehensive Evaluation has been done within the past year. If not, the client will be scheduled with a CMMHC therapist to complete this yearly requirement.
- The most recent Diagnostic Assessment (DA), if available, and clinical information has been shared with CMMHC.
- Client and therapist have discussed the time commitment of groups. The minimum commitment to attend is 27 weeks (with three weeks "off"), but the recommendation is to complete all modules twice for 54 weeks (with six weeks "off").
- Weekly attendance is expected. Other appointments should be scheduled outside of group time.
- Missing the first two weeks will result in client being removed from the module and expected to enter at the next one (7-9 weeks in future).
- Missing three sessions within a module will result in client being removed from the module and expected to enter when the same module restarts (up to 27 weeks).
- Letters will be sent for each missed group, regardless of group leader's being notified, and the client's therapist will be contacted so that reasons for group absence can be discussed in individual therapy.
- Attendance at individual therapy at least every other week is required unless the individual therapist requires a different frequency for effective treatment.
- A DBT diary card will be completed weekly.



- Latecomers will not be permitted in until the mindfulness activity is completed (about 5-15 minutes at the start of the group). Please wait patiently to be let in. It is better to come late than not at all.
- No triggering experiences (self-harm, drug use, etc.) should be discussed in detail at DBT skills group. Please reserve these conversations for your individual therapist.
- Client has an understanding that the focus of the groups is to learn and practice the core skills. The groups are structured to be educational. Individual “process” time may not occur.
- Group members are expected to limit personal relationships with one another outside of the group to not harm the group dynamic. Known previous relationships should be disclosed to the group leaders immediately.
- Telehealth group members agree to meet in a private location where others may not overhear, or see, other group members.
- Telehealth group members may not record, screenshot, or attempt to capture any group content. Members may request the group leader send updated content to them via email.
- Telehealth group members are encouraged to rename to first name (and last initial if needed) only.
- Telehealth leaders reserve the right to mute group members, remove them, due to noise, distractions, or other reasons.
- Group members are expected to participate at least twice verbally per group.
- PHQ-9s will be requested for completion at each group.
- The client and therapist have discussed safety planning, accessing crisis services, and how emergencies are to be handled. Group is not the place for managing crisis.
- If client experiences a crisis, they will call the crisis line at 320-253-5555.

I have read and agree with the above requirements. Failure to follow these expectations may result in discharge from DBT Skills Group.

Client Signature

Date

Parent/Guardian Signature (If Applicable)

Date