

Primary Therapist Agreement

DBT Skills Group

The following outlines the roles of the group therapists and the primary (referring) therapist.

The DBT skills group at Lighthouse Counseling provides only part of the DBT model though research supports its use without the full model. While the group therapists will introduce and teach the DBT skills, skills will not be learned if not reviewed “in all relevant contexts” which means that it is essential that individual therapists:

- Reinforce skills acquisition through frequent review during individual therapy
- Provide telephone consultation to assist clients to learn skills “in vivo”
- Monitor compliance with homework and attendance
- Coordinate with DBT Skills group therapists

Lighthouse Counseling Staff

- 1) Will provide group therapy once per week. Groups are co-led.
- 2) Will promptly submit the group note to the primary therapist using a HIPAA compliant platform that works best for the primary therapist including encrypted email or faxing.
- 3) Will seek to coordinate with primary therapist whenever necessary such as statements of suicidality, therapy interfering behaviors (including attendance) and other behaviors or concerns as deemed necessary by the primary therapist, group therapist, or client.
- 4) The group therapist will review this form with the client, explaining the division of labor.

Primary Therapist

1. The primary therapist will refer/agree to the client’s involvement in DBT skills group.
2. If the primary therapist stops seeing the client or the client is not attending individual therapy at least 1x/2 weeks, the primary therapist agrees to inform the group therapist. If this occurs, the client may be removed from group until the client finds another primary therapist.
3. The primary therapist agrees to be available for case consultation with Lighthouse staff **within 48 hours** of request. If the primary therapist is not available for case consultation within a reasonable amount of time, the client may be asked to leave group until this is resolved.
4. The primary therapist will be responsible for telephone/crisis consultations with the client.
5. It is recommended that therapists include diary cards and homework review in their weekly appointments.
6. All referring therapists are welcome to attend staff consultation (virtual), Thursdays 12-1:30pm.

Signature

Date

Please return this form to fax number 866-832-7890 or coordinate with the DBT Coordinator.