

## Requirements for Intensive Training™

Intensive Training™ is designed for training teams of mental health professionals who intend to provide a comprehensive Dialectical Behaviour Therapy programme within their clinical service. Teams applying for Intensive Training™ must have a minimum size of 4 team members (in this case we recommend that you select a 5<sup>th</sup> team member as a backup) and a maximum of 8. \* There is a principle that the team needs 50% of intensively trained therapists on the team, it is recommended if a team wants to send more people onto the Foundation course they send a second team to an intensive \* The requirements for the team and for individuals are listed below:

- Each team:
  - (1) Requires either a clinical/counselling/forensic psychologist OR a person with demonstrable graduate training in behaviour therapy. The rationale for this requirement is that there is evidence from the DBT literature that of a range of different predictors (gender, years of clinical experience, number of previous DBT cases, therapist burnout, prior training in behavioural therapy and/or assessment), the only significant predictor of DBT adherence was whether therapist had graduate training in the therapy and application of learning theory and behavioural psychology. If you do not have a team member with a graduate qualification in clinical, counselling or forensic psychology then you must demonstrate who on the team has these skills and how they acquired them.
  - (2) All teams MUST be genuine teams i.e. you either are already or have explicit plans to meet together to deliver a comprehensive DBT programme to a group of clients in a single setting e.g. out-patient adult clients. If you intend to treat more than one client group e.g. adults and adolescents or in more than one setting e.g. inpatient and outpatient you need to train staff for two separate programmes. The training assumes that you are all committed to developing and delivering a DBT service as part of training and beyond.
  - (3) Must ideally have a member in addition to the person named in (1), who has training in, and experience of, delivering psychological therapies.
- Each individual team member:
  - (1) Must be employed by a healthcare organisation that expects them to be seeing clients
  - (2) Must be registered to practice with a regulatory professional body e.g.
    - Health Professions Council,
    - General Medical Council,
    - Nursing & Midwifery Council,
    - Professional Standards Authority.
  - (3) Must be a fully qualified practitioner, roles such as Assistant Psychologists will not be accepted unless you have completed part I in Forensic Psychology.
  - (4) Must commit at least 15 hours per week to learning and delivering DBT. To begin with these hours will mainly consist of training but we expect that shortly after Part I applicants will start seeing patients within the programme. As an indicator a team of 4 providing 15 hours per week can deliver a comprehensive programme (Skills Groups, Individual Therapy, and Telephone Consultation & Consultation Team) for up to 16 patients.

## Requirements for Foundational Training™

Each applicant:

- (1) Must be employed by a healthcare organisation that expects them to be seeing clients
- (2) Must be registered to practice with a regulatory professional body e.g.  
Health Professions Council,  
General Medical Council,  
Nursing & Midwifery Council,  
Professional Standards Authority.
- (3) Must commit at least 15 hours per week to learning and delivering DBT.
- (4) Must be part of a DBT team that is delivering a comprehensive programme with a team leader with sufficient training & experience to be able to sign off the homework assignments i.e. has received Intensive Training™
- (5) If sending a group, the group size is dependent on the number of Intensively Trained members in the existing team. (Maximum 4 attendees)
- (6) There is a principle that the team needs 50% of intensively trained therapists on the team, it is recommended if a team wants to send more people onto the Foundation course they send a second team to an intensive

For teams that have lost substantial numbers of Intensively Trained staff we recommend the following:

- Sending Foundation team members as a team to a Part II (availability permitting)
- Sending a second team on Intensive Training™
- Sending Foundation team members to Post-Intensive Training e.g. Problem-solving workshops.