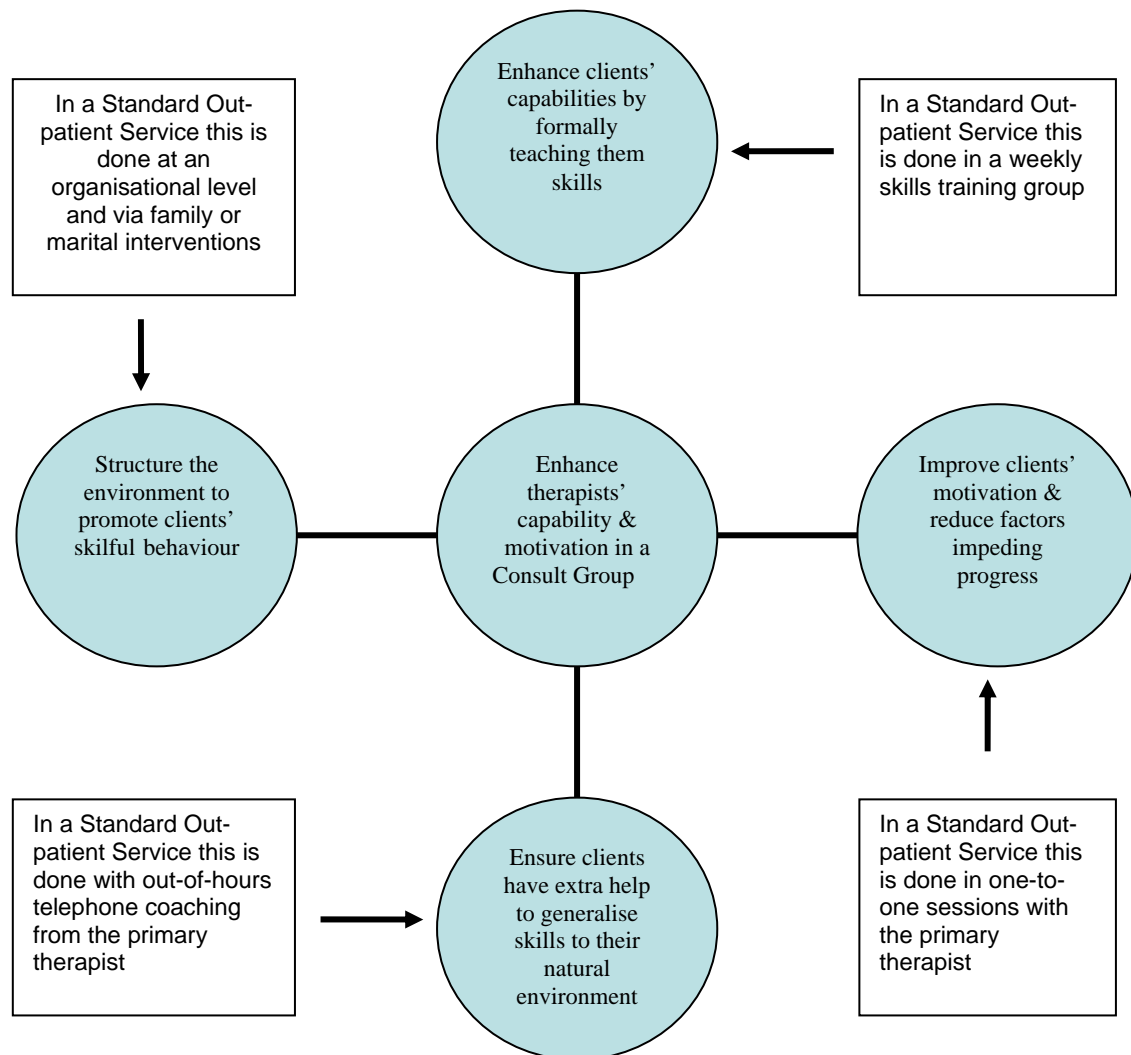


# What are the 5 Components of a Comprehensive DBT Service?

*Your programme must meet all five of these functions:*



In DBT, a community of therapists treat a community of clients, and so the Therapists' Consult Group is at the heart of your DBT programme; if you do not attend a regular consult group, you are not doing DBT; however, you may have to be creative about how and where your group meets, for example using video-conferencing or alternating venues.

There are many challenges to meeting all five functions if your setting varies from the standard out-patient service. You may have to change the methods by which some of the functions are met, but you must be able to identify how they are each being delivered.

If you are in a specialist area, it may be helpful to confer with more established DBT teams in your specific field, for example in acute in-patient or forensic settings. British Isles DBT Training can help by putting you in contact with others in your speciality.