

## Requirements for Intensive Training™

*This training is for new teams wishing to set up and implement a DBT program.*

*Applications must be for 4 to 8 people.*

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.

Intensive training has several components. These are as follows:

- **Preparation**
  - Guided self-study of DBT manuals and other required readings
  - Learning Communities (optional)
- **Instruction**
  - Part 1: Five days of in-person instructor-led lectures, demonstrations, and small group exercises used to teach DBT theory and strategies in-depth
- **Implementation**
  - Several months of developing and delivering your DBT programme and honing DBT clinical skills guided by a series of homework assignments provided at Part I (including a self-study exam).
- **Practice improvement:**
  - Part 2: Five days of in-person instructor-led consultation on your specific program and cases, including protocols for specific treatment problems and adaptations of DBT

The requirements for the team and for individuals for Intensive Training™ are listed below:

- Each team:
  - (1) Requires either a qualified 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 therapists had graduate training in the theory 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 have a member, ideally in addition to the person named in (1), who has training 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.

If a person does not have a professional registration but they have been employed in a role for two years that requires that they deliver psychological interventions under supervision, we will consider them for training provided their clinical supervisor is part of the DBT team and is Intensively Trained and is registered with a professional body.

(3) Must commit 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, Telephone Consultation & Consultation Team) for up to 16 patients.

## Requirements for Foundational Training™

*This training is for individuals who have been newly appointed to an existing DBT program.*

Foundational Training consists of three parts. These are as follows:

- **Preparation**
  - Guided self-study of DBT manuals and other required readings
  - Attendance at your DBT programme Consultation Team
- **Instruction**
  - Part 1: Five days of in-person instructor-led lectures, demonstrations, and small group exercises used to teach DBT theory and strategies in-depth
- **Implementation**
  - Several months of learning and delivering your DBT programme and honing DBT clinical skills guided by a series of homework assignments provided at Part I (including a self-study exam).
  - Submission of your case report and homework sheet to your team leader for sign-off (your team lead then notifies the office that you have completed the homework and you will then receive your certificate of completion).

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.

If a person does not have a professional registration but they have been employed in a role for two years that requires that they deliver psychological interventions under supervision, we will consider them for training provided their clinical supervisor is part of the DBT team and is Intensively Trained and is registered with a professional body.

- (3) Must commit 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™

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

- Sending Foundation team members as a team (minimum 3 members) to a Part II (availability permitting) or to the DBT Upgrade training.
- Sending a second team (minimum 3) on Intensive Training™
- Sending Foundation team members to Post-Intensive Training e.g. Advanced Class workshop