




British Isles  
**DBT FUTURES**

## The DBT Implementation Toolkit

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ask me about...

the dbt  
implementation  
**toolkit**



## What is **The DBT Implementation Toolkit**?

British Isles DBT Training (biDBT) is proud of our commitment to the roll-out of **Dialectical Behaviour Therapy** programmes across the UK and beyond.

We have been training DBT teams in the UK since 1997 which has resulted in over 450 DBT programmes being launched, from Inverness to the Isle of Wight. We are fully equipped to advise on programme implementation in every type of clinical setting where severe and enduring behavioural issues arise.

With our expertise in what makes a DBT Team thrive, we have created this - **The DBT Implementation Toolkit** - a subscription resource designed to give DBT teams essential materials, access to exclusive online resources and the benefit of competitive discounts.



Whether your team is brand new or well-established, **The DBT Implementation Toolkit** will add value to your DBT programme year on year.



## Why Should I Become a Subscriber to **The DBT Implementation Toolkit**?

Whether your DBT Team is in its infant stages, or you are a well-established programme with success in delivering the treatment, we know that you will face hardships at some point.

These hardships could present themselves as financial restraints, logistical complications or recruitment issues, to name a few.

**The DBT Implementation Toolkit** is a specially designed resource exclusive to biDBT to help you alleviate these hardships.

**By becoming a subscriber, you will:**

- » Gain access to literature and videos.
- » Be invited to contribute in exciting DBT projects.
- » Receive exclusive discounts and access to services.

So read on to find out exactly what is included with your subscription to **The DBT Implementation Toolkit** and discover why we believe this is an essential addition to your DBT resources.



# What is Included with **The DBT Implementation Toolkit** Subscription?

- ✓ A large, 13" Tibetan Singing Bowl
- ✓ Two Complimentary Places at the Annual Society for DBT Conference
- ✓ DBT Literature
- ✓ Access to the biDBT Online DBT Video Library
- ✓ Access to the National Benchmarking Project Website
- ✓ Invitations to National Benchmarking Events
- ✓ Discounted Rates on biDBT Training Workshops and Events
- ✓ Exclusive Access to Team and Programme Consultation
- ✓ An Annual Free National Dialectical Behaviour Therapy Foundational Training Place
- ✓ A Yearly biDBT Futures Record of Implementation & Outcomes



## What is Included with **The DBT Implementation Toolkit Subscription?**

### **The Tibetan Singing Bowl**

Your DBT Skills Group sessions will be enhanced with the addition of a 13" Tibetan Singing Bowl; a large brass sound bowl which promotes relaxation and participation. When used in DBT Mindfulness exercises it can facilitate entry to and exit from the activity.

It is also a beautiful statement piece for any DBT Skills Group practice room.

### **Two Complimentary Places at the Annual Society for DBT Conference**

You will be granted two complimentary places to attend the Annual Conference of the Society for Dialectical Behaviour Therapy\* - a yearly meeting of professional DBT practitioners and those who are interested in furthering the development of DBT as an evidence-based treatment.

*\*your complimentary places are for the conference only and not for any pre or post-conference workshops.*

# What is Included with The DBT Implementation Toolkit Subscription?

## DBT Literature

You will receive a brand-new copy of the following literature which has been carefully selected by our training team to support your DBT Team at all stages of development. We make sure to include Marsha Linehan's own DBT Skills Training Handouts and Worksheets book whilst all other included literature in The DBT Implementation Toolkit has been written by a current or former trainer of biDBT Workshops and Events.

- » DBT Skills Training Handouts & Worksheets - by Marsha M. Linehan
- » Teaching Clients to Use Mindfulness Skills - by Christine Dunkley & Maggie Stanton
- » Regulating Emotion the DBT Way - by Christine Dunkley
- » Using Mindfulness Skills in Everyday Life - by Christine Dunkley & Maggie Stanton
- » Dialectical Behaviour Therapy - by Michaela A. Swales & Heidi L. Heard
- » The Oxford Handbook of Dialectical Behaviour Therapy - edited by Michaela A. Swales
- » Changing Behaviour in DBT - by Heidi L. Heard & Michaela A. Swales





## What is Included with **The DBT Implementation Toolkit** Subscription?

### The biDBT Online DBT Video Library

Your DBT Team will receive access to our Online DBT Video Library. This Library includes our own video series; “Core Components of Dialectical Behaviour Therapy” – a collection of DBT session demonstrations performed by our training team and directed by Professor Michaela A. Swales. The topics covered in these videos include:

- » Conducting a Comprehensive Behavioural and Solution Analysis
- » Pre-Treatment
- » Implementing the Suicide Crisis Protocol

The Online DBT Video Library also includes the exclusive video series; “Managing Your DBT Consult” – staged Consult meetings where different scenarios are acted out by our training team. Topics covered include:

- » What Not to Do in Consultation Team
- » What to Do When a Member of Your Team becomes Defensive
- » Setting Your Agenda for Consult

*The Online DBT Video Library will be regularly updated with new and exclusive content.*





## Why Should I Become a Subscriber to **The DBT Implementation Toolkit?**

### **Access to the National Benchmarking Project Website**

biDBT has developed the National Benchmarking Project website ([www.dbt.uk.net](http://www.dbt.uk.net)) to provide a simple and practical tool that allows DBT teams to collect outcome data, benchmark and map their DBT programme and connect with other teams.

Start Benchmarking your team and gather data to support the efficacy of your DBT Programme by using EQ5D, BSL or DERS to assess and record your client outcomes at three key points in their treatment: Pre-Treatment, Admission for Treatment and Discharge. This data will form a basis for evaluation and continuous quality improvement.

All data is confidential. The only information collected is the client's self-report measures – no sensitive or personally identifiable information is collected. Client anonymity is guaranteed as the website generates an automatic pseudonym, ensuring confidentiality. Only the DBT team entering the data will know to whom the data belongs.

### **Invitations to National Benchmarking Events**

You will be invited to attend and/or contribute at all future DBT Benchmarking Check-In events – which occur either online or in-person throughout the year. These Check-Ins are an exciting and invaluable opportunity to hear from and speak with other Benchmarking DBT Teams as well as experts in the field of DBT.



# What is Included with **The DBT Implementation Toolkit** Subscription?

## Discounted Rates on Future biDBT Training Workshops and Events

**The DBT Implementation Toolkit** looks after your DBT Team's longevity by offering you discounted rates on biDBT Training Workshops and Events\* to ensure you can train new team members or upskill existing team members.

If you are interested in registering for a biDBT Workshop or Masterclass – you would automatically qualify for the group discounted rate.

If you are looking at sending some new team members onto the biDBT National Dialectical Behaviour Therapy Intensive Training™ - you would qualify for a discount of up to 30% for the 10-day training event.

On renewal of your DBT Implementation Toolkit, you will be granted one free place on a biDBT National Dialectical Behaviour Therapy Foundational Training™ - this benefit will apply each and every year you choose to renew your subscription – securing the longevity of your DBT Team's future.

*\*events featuring Guest Speakers may not qualify for the discount given their exclusivity.*





## What is Included with The DBT Implementation Toolkit Subscription?

### Exclusive Access to Team and Programme Consultation

DBT is a psychological intervention and therefore we would recommend that in addition to weekly peer supervision in the Consultation Team, that novice teams access supervision from a more skilled practitioner. Supervision is also a key aspect to being accredited by the Society for DBT. **The DBT Implementation Toolkit** gives you Exclusive Access to Team Consultation and Programme Consultation by one of our trained Supervisors. Our pool of Supervisors are established and adherent therapists trained in the rating of DBT adherence.

Team Consultation is a virtual session where the Supervisor joins your DBT Consultation Team during its weekly session while Programme Consultation is when the Supervisor is invited to attend your DBT Team for an entire day – seeing exactly how your programme is working towards DBT adherence.

### A Yearly biDBT Futures Record of Implementation & Outcomes

Each year, you will receive a biDBT Futures Record of Implementation & Outcomes – a document detailing:

- » How long you have been a subscriber to **The DBT Implementation Toolkit**.
- » How much money you have saved by taking advantage of the Toolkit discounted rates.
- » Reminder of any additional benefits you are yet to take advantage of.
- » How active you have been with inputting your Benchmarking data.

# How to Subscribe to The DBT Implementation Toolkit

The **DBT Implementation Toolkit** is a subscription service, and the cost is £1,200 (excl. VAT) per year\*.

If you would like to discuss the benefits of **The DBT Implementation Toolkit** in greater detail, then please do not hesitate to contact British Isles DBT Training on **01978 346900** or **info@dbt-training.co.uk** and a member of the team will be happy to help.

Alternatively, if you already know **The DBT Implementation Toolkit** then complete the below form and send to **DBT Implementation Toolkit, Integral Business Support Ltd. Croesnewydd Hall, Wrexham Technology Park, Wrexham, LL13 7YP** and a member of the team will help you begin your DBT Implementation journey.

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I consent that I wish to begin a yearly subscription to British Isles DBT Training's DBT Implementation Toolkit.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Position: \_\_\_\_\_

\_\_\_\_\_

Trust: \_\_\_\_\_

Email: \_\_\_\_\_

DBT Team Name: \_\_\_\_\_

Number: \_\_\_\_\_

- I am happy for someone from British Isles DBT Training to contact me regarding payment and delivery of **The DBT Implementation Toolkit**.
- I understand that on termination of the subscription, British Isles DBT Training retains the right to request the return of all/any items.
- I agree for British Isles DBT Training to contact myself or my DBT team when approaching the renewal date.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_




*\*You are free to cancel your subscription at any time however, on termination, British Isles DBT Training retains the right to request the return of any or all physical items of the Toolkit.*

*\*The cost of any returns will be your responsibility to cover.*

*\*On termination, access to all online resources will be revoked.*



For all enquiries please get in touch:

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