

Forming a DBT team for the DBT Intensive training

DBT is a team-based treatment. Teams comprise of typically 4 to 8 people. They function to help therapists become more motivated and capable to do the treatment. They help therapists to regulate themselves. Their 'method' is to 'do DBT' with each other so therapists derive benefit from the treatment too. They typically meet weekly and have a very clear structure and process to achieve their outcomes. Teams share responsibility for all the clients in the program, even those they have never personally met. As DBT is a team-based treatment then learning comprehensive DBT is also a team-based venture. One part of the learning curriculum is on the 'what' and 'how' of DBT teams. Our intensive training also provides a number of consults to team to assist in implementing the treatment.

Given the clinical complexity and risks usually encountered in DBT practice, most therapists would agree it is unwise to try this work alone. In fact, if you are not part of a DBT team then you are not regarded as providing comprehensive DBT. Keep in mind that the reputation and interest in DBT derives from the evidence for comprehensive DBT, not for limited 'modes' (ie, skills-group only).

So, what do you do if you want to learn and provide DBT but don't have a team?

The answer is to find one to join or build one of your own. Teams often work in the same clinical setting, but they do not have to. With the rise of videoconferencing there is an increase in virtual teams that meet across different work contexts, locations and even time zones.

Some clinicians new to DBT may form a team with colleagues who share their interest in development of this practice. We would encourage you to consider if you would like to share your DBT journey with some of your colleagues so you can learn and practice together.

We may be able to help.

If you are stuck for a team and really want to get started, we may be able to help you find a training team. If there is sufficient interest and with your agreement, we may be able to share the personal details of individuals who wish to form a team so they can meet (usually virtually) and decide if they wish to pursue this training venture together. Note we would not have a role in you forming the team nor guaranteeing that it would all work out fine. You would each need to agree to meet as a team for the duration of the Intensive DBT training (ie, at least until the end of 'part 2').

If you are interested in this idea, please get in touch at info@dbttrainingaustralia.au