

## Consultation Team Agreements

### **Dialectical Agreement**

- Accept a dialectical philosophy
- Polarities and strong opinions are natural and not undesirable
- Search for synthesis rather than truth when polarities arise

### **Consultation-to-the-Client Agreement**

- Help clients interact effectively with other therapists, instead of telling therapists how to interact with clients
- When a therapist behaves fallibly (within reason), we help the client cope rather than try to reform the therapist

### **Consistency Agreement**

- Consistency between therapists is not necessary as long as therapists are functioning within the structure of DBT
- Therapists do not have to have the same rules

### **Observing-Limits Agreement**

- Therapists need to be aware of and observe their own limits both with clients and with team members
- Limits can evolve
- Not every therapist will have the same limits
- A non-judgmental stance is most effective when interacting with someone whose limits differ from yours

### **Phenomenological Empathy Agreement**

- All therapists must search for non-pejorative, empathic explanations for client and team member behavior
- When a therapist cannot find a non-pejorative, empathic explanation due to emotion mind, team members take a non-pejorative, empathic stance about the therapist's upset AND find a non-pejorative, empathic explanation for the client's behavior

### **Fallibility Agreement**

- All therapists will fail on multiple occasions despite their best efforts
- When failure occurs, problem solving must be balanced with validation of inherent wisdom
- Therapists inevitability will violate all the other therapist agreements just discussed