

# APPENDIX B

## 16 Commitments for Consultation Team

1. To keep the agreements of the team, especially remaining compassionate, mindful and dialectical
2. To be available to the client in whatever role one has joined the team
3. To function as a therapist in the team (or to the team) and not just be a silent observer or a person who speaks only about their own problems
4. To treat consultation team as you would treat any group therapy session (i.e. attending weekly meetings, coming on time, phones silent and out of sight, etc.)
5. To come to the meeting adequately prepared
6. To be willing to give clinical advice to people who have more experience than you
7. To have the humility to admit your mistakes/difficulties and the willingness to have the team help you solve them
8. To be nonjudgmental and compassionate towards your fellow clinicians and clients. To ring the bell of nonjudgmentalness to remind oneself and each other to be mindful and non judgmental, not as a proxy for criticizing someone
9. To properly assess the issue before giving solutions
10. To call out “elephant in the room” when others are ignoring or not seeing the elephant
11. To be willing to go through chain analysis even though you were only 31 seconds late and have a very good reason 😊
12. To participate in sharing the roles of Leader, Observer, Note Taker, and other critical tasks
13. If you feel that team is not useful or you don't like how it is being run, to say something about it rather than remaining silent and frustrated
14. To ask the team for permission when going out of town
15. To repair with the team in some way when meetings are missed
16. To carry on even when you are feeling burned out, frustrated, tired, overworked, underappreciated, hopeless, ineffective (easier committed to than done)