

APPENDIX C

DBT Assumptions About Clients in Therapy

- Clients are doing the best they can
- Clients want to improve
- Clients need to do better, try harder, and be more motivated to change
- Clients may not have caused all of their own problems but they have to solve them anyway
- The lives of suicidal, borderline individuals are unbearable as they are currently being lived
- Clients must learn new behaviors in all relevant contexts
- Clients cannot fail in therapy

Assumptions About Therapists Providing DBT Therapy

- The most caring thing a therapist can do is help clients change in ways that bring them closer to their own ultimate goals
- Clarity, precision, and compassion are of the utmost importance in the conduct of DBT
- The therapeutic relationship is a real relationship between equals
- Principles of behavior are universal, affecting therapists no less than clients
- Therapists treating borderline clients need support
- DBT therapists can fail
- DBT can fail even when therapists do not