

APPENDIX D

Comprehensive Training Expectations

- One year commitment to TIDAT
- Carry a caseload of at least 3 individual clients enrolled in the Comprehensive DBT Program
- Lead/co-lead skills group weekly
- Participate in DBT team weekly
- Provide phone coaching to your individual therapy clients outside of office hours
- Attend individual supervision weekly
- Attend group DBT supervision weekly (optional after initial core training is completed)
- Willingness to audio/video record sessions and receive feedback
- Self-awareness, self-analysis; belief in being genuine and being “yourself” in therapy
- Read the Linehan text and skills manual and Rathus/Miller text before beginning training
- Provide DBT and not another treatment to the clients who are assigned