

Carolina Integrative Psychotherapy

Dialectical Behavior Therapy Treatment Agreements

I. Review of Stages of Treatment:

- Life Threatening Behavior
- Self-Harm Behavior
- Therapy Interfering Behavior (both therapist and client)
- Quality of Life Issues (mood, relationship, work, self-defeating behaviors)
- Obstacles to Full Emotional Experiencing
- **Living a Life that is Worthwhile and Meaningful**

When one stage is largely resolved, we will move to the next stage of treatment. If issues arise that move you to a previous stage, we both agree to return to that level until those target behaviors/problems are resolved.

II. Structure of Individual Sessions:

1. Diary Card Review
2. Agenda Setting for Session starting with problems in functioning/target behaviors
 - i. Problem solving target behaviors **always get FIRST priority**
3. Behavior analysis of target behavior, followed by if time allows, addressing other week and current issues, including questions about skills from group

III. Treatment Agreements:

A) Client's Agreements

1. 6-month minimum Commitment to weekly or bi-weekly individual therapy with John Mader, LMFT in standard DBT
 - a. Renewable at the end of the term
 - b. Will attend all scheduled therapy appointments
 - c. Will complete Diary Cards for **each** individual session
2. **Agrees to phone consultation structure and rules below
3. 12 month commitment to Weekly Skills Group.
4. 4 missed sessions in a row leads to at least temporary termination and re-commitment, if needed
5. Agrees to attempt to work on any problems that prevent coming to therapy or are interfering with progress.
 - a. Call John Mader, LMFT between sessions if repair is needed.
 - b. Call group leaders if repair is needed.
6. Commitment to work as hard as possible to reduce behaviors that are interfering with satisfactory quality of life, flexible thinking, and stable mood.
7. Permission for John Mader, LMFT to coordinate treatment with group leaders and to seek consultation from John Mader's DBT Team

B) John Mader, LMFT's Agreements

1. John Mader agrees to make every reasonable effort to conduct the therapy as competently as possible according to DBT protocols, including seeking regular consultation from his DBT team.
2. Respect and validation of Client's life and circumstances is essential to the therapy. I agree to maintain the assumption that Client is doing the best s/he can in every moment but can also learn, with my assistance to respond more effectively by learning new skills to solve their problems.
3. Assumes overall treatment team leadership regarding Client's psychological care.
4. Will make every reasonable effort to provide weekly skills coaching sessions (no more than 10 minutes) if needed and to clarify personal limits when needed.
5. Participate in bi-monthly DBT consultation group.
6. Therapist will agree to attend all therapy sessions, provide reasonable notice in advance when needing to reschedule, and to administer therapy in accordance with the ethical codes of the NCMFT Board.
7. John Mader agrees that all information discussed in the therapeutic relationship will be kept confidential, with exception of above-mentioned treatment coordination, and will inform Client about any situations where confidentiality could be broken.

C) Mutual Therapy Agreements

Client, with the assistance of John Mader, LMFT, agrees to work as hard as possible on the following goals **during and in between** DBT Sessions:

1. Use skills on a daily basis
 - a. Fill out diary card daily.
2. Orient towards a nonjudgmental stance towards self, others, and reality as a whole.
3. Discontinue any ineffective mind altering substances (non-prescribed substances)
4. Learn to regulate powerful emotions.
5. Improve relationships and maintaining effective boundaries.
6. Learn to decrease depression and anxiety, and agreed target behaviors.
7. We will work on any problem-behaviors that interfere with the progress of treatment.

** A note about phone coaching. Client is encouraged to call John Mader for phone coaching BEFORE engaging in ineffective behaviors. Calls made to John Mader AFTER engaging in ineffective behaviors will not be returned for 24 hours and will be the priority in the next session (behavioral chain done). Phone calls are only for skills coaching, repair work, or occasionally, pep talks. Skills coaching calls will be behaviorally focused and will cost nothing if the call remains under 10 minutes. If the call exceeds 10 minutes, the client will be charged at John Mader's standard rate of \$120 per hour, starting from the beginning of the call. Insurance generally does not cover phone sessions. E-mail or text is to be used only for scheduling or sharing information for use in the next session. E-mail is not to be used for crises. I understand/accept that communication via E-Mail/Texting may not be secure.

Client's Signature:

John Mader, LMFT Signature:

Date: