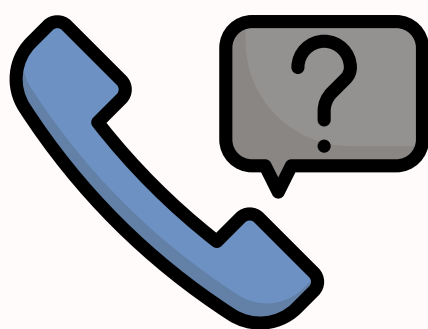


ADOLESCENT DBT SKILLS GROUP: ENROLLMENT PROCESS

01 INQUIRY



Interested parties are asked to:

- Complete the Group Services inquiry form on our website. TCC will reach out within 5 business day.
- Independently review the group requirements and expectations
- Participate in a brief phone call to discuss the group further.



THERAPIST REFERRAL 02

All potential group members are required to have an individual therapist they are working with regularly. This therapist is asked to complete two referral forms on behalf of the group member.

The DBT Team at TCC use these forms to start to determine goodness-of-fit for the group.



03 ASSESSMENT

If an individual is determined to be a potential fit, they will participate in a 50-minute group screening appointment with a group leader. This appointment reviews:



- The individual's treatment history, background, and goals
- The overall format and function of the DBT Skills Group
- Potential goals and barriers specific to the group
- The ways that the group can enhance their individual therapy.



GROUP PARTICIPATION 04

If the treatment team (e.g., individual therapist, adolescent, parents, and DBT group leader) ultimately determine that the group is a good fit, the adolescent will be given a group start date. The group process will involve:

- 23 Weeks of Participation
- Weekly reports from Group Leaders to the individual therapist
- Reports from the individual therapist to group leaders if there are any changes to clinical presentation (e.g., risk, acuity, etc.).
- At the 18 week point of group participation, the treatment team (including parents) will discuss clinical recommendations.



Often times, group members are encouraged to participate for a second full round of the group. In some instances, group members are invited to join the Advanced DBT Skills Integration Group ("Graduate Group").