



Denver DBT and Psychotherapy, INC

DBT Group Guidelines

1. Each client must be in ongoing individual therapy. Group facilitators do not take crisis calls; thus, it is the client's responsibility to work with their individual therapist around how crisis situations should be handled.
2. Group fees are to be paid monthly and due at the first group of each month for the subsequent month. If there are ever less than four sessions in the month (i.e. due to a holiday), payment for that month will be pro-rated.
3. Clients are not to attend sessions under the influence of drugs or alcohol.
4. Clients may form relationships with other group members outside of group. The presumption is that these relationships will be healthy and supportive (i.e. no substance abusing, gossiping about other group members, etc.). This means you have the option of exchanging email addresses or phone numbers with other group members; however, clients also have the option of being in group strictly to learn the skills, rather than to cultivate friendships.
5. Should you exchange contact information with another group member and reach out to them for help, you must be open to accepting their help.
6. If another group member reaches out to you in a way that feels overwhelming or where you're unsure of how to offer support, direct them back to their individual therapist.
7. Sexual partners may not be in skills training together.
8. Information obtained during sessions, as well as the names of clients, must remain confidential.
9. Clients who are going to be more than several minutes late should send a text message to notify your group leader/leaders. Here is the contact information for the Denver DBT group leaders: Nikki Kraslin, Psy.D. (303) 507-5557, Risa Muchnick, Psy.D. (720) 432-1328, Brian Beaumund, Psy.D. (720) 230-6863, Lindsey Gagnon, Psy.D. (720) 460-9088, Kritika Dwivedi, Psy.D. (720) 588-3886, Adrienne Franks, Psy.D. (720) 443-2141, Laurel Marco, Psy.D. (954) 451-1836, Megan LaVoy, Psy.D. (720) 608-1160 and Jennifer M. Paul, Psy.D. (720) 295-6850. Please sign your text so it is clear who is contacting us.
10. Clients who know ahead of time that they are going to miss a session should notify the group leader, in group, at least one week prior to the planned absence.
11. For unplanned absences (such as illness), please call ahead of time and give as much notice as possible.

12. Should you miss group, it is your responsibility to leave the group leader a voicemail requesting the homework assignment. You will then receive a call back with a brief summary of what was covered in group and the assignment for the following week.
13. All group clients have the option of individual sessions to review skills 1:1, make up missed group sessions and/or check in about their group experience. However, once orientation is completed, these sessions are optional.
14. Group cancelations due to weather will be made no later than four hours prior to group. The group leader will call members about such cancelations and members will be credited the amount of the group.
15. Clients who miss three groups in a row are required to schedule an individual session to ensure group commitment and review the material that was missed.
16. Group members always have the right to pass. This means that if you are struggling emotionally or physically, you can come to group without feeling pressure to participate in a particular way.
17. Most members stay in DBT group for a minimum of one rotation through the material (approximately 40 weeks). Many members find the material transformative and want a deeper level of understanding and skill integration. These members often remain in group for an additional rotation; occasionally, members stay in group for three full rotations (to become experts in the skills).
18. It is requested that members give notice three weeks before they will be ending group. Please contact the group leader first and then inform the members. The leaders will then facilitate a planned mindful goodbye process for members' last session.

Group Agreements:

1. Participants will make every effort to come to each group session on time and stay until the end.
2. Participants will make every effort to practice skills between sessions.
3. Participants will support their fellow group members by avoiding passing judgment on them, assuming the best about them, and offering helpful, non-critical feedback (when asked).
4. Participants will make every effort to complete their weekly homework and diary card. Homework time during group is an opportunity to reinforce the completed assignment, ask questions, and further your understanding of the DBT material.