



Denver DBT and Psychotherapy, INC

DBT Group Guidelines

1. Each client must be in ongoing individual therapy. The minimum requirement to attend group is one individual session per month. 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 due monthly at the first group of each month for the subsequent month. Members are responsible for paying for their spot in group for the month, regardless of attendance. Should there be five groups in the month, the fifth group will be free of charge. 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. 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. You may also contact your group leader if you'd like support with this.
6. Sexual partners may not be in skills training together.
7. 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. 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/leaders, in group, at least one week prior to the planned absence.
11. For unplanned absences (such as illness), please get in touch with your leader/leaders ahead of time, giving as much notice as possible.

12. Should you miss group, it is your responsibility to contact the group leader/leaders ahead of time to request the homework assignment. They will let you know their preferred mode of contact. You will then receive a call, email or text back with a brief summary of what was covered in group and the assignment for the following week. Please note that, if your group has two co-leaders, contact both clinicians and one will get back to you with the assignment.
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. These sessions are optional and incur an additional fee.
14. Should there be significant snowfall, we may hold in-person groups virtually. If this shift to virtual is set to take place, the group leader will email members at least four hours prior to the start of group. If the weather is questionable, please make every effort to check your email before coming to in-person group. Additionally, if group is held in person on a day when there is substantial snow but you or the person driving you are uncomfortable driving to group, you will have the option to audit the group via Zoom. This means you will attend as a listener and not as an active participant. Please notify your group leader at least one hour ahead of time should you need this accommodation so they can send you a Zoom link to audit.
15. By joining the DBT program, you are committing to attend group weekly unless there are extenuating circumstances that would result in an absence. Should you miss more than one group per month for several months, you will be required to schedule an individual session to ensure group commitment. 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.
16. Most members stay in DBT group for a minimum of one rotation through the material (approximately 45 weeks). Some members decide to stay for a second round (or more) of DBT to deepen their understanding and integration of the material while receiving continued group accountability and support.
17. It is requested that members give at least three weeks of notice before they end group. Please discuss ending with your group leader/leaders first; they will then offer guidance around when and how to inform the other group members. The leader/leaders will also facilitate a planned mindful goodbye process for your final group session.

Group Agreements:

1. Participants will make every effort to come to each group session on time and stay until the end. They will also notify their group leader/leaders if they will be late or need to leave early.
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.
5. Virtual members will read the "Informed Consent Checklist for Telehealth" guidelines and make every attempt to follow them as well as to keep their cameras on through the entire group. Should there be a reason for a participant to turn their camera off, they will discuss this with their group leader ahead of time.