

Dear Colleagues:

Within the last 20 years, DBT has been disseminated world-wide under the guidance of the treatment developer, Marsha Linehan. During this time, many countries have founded regional DBT associations. Some of them work completely independently, some of them are organized in loose networks, some of them cooperate with the Linehan Institute in Seattle, and some of them work with other training institutes.

If we view DBT as a therapeutic product, there is a strong need for DBT therapy, training and research to be carefully adapted to the specific needs and requirements of the diverse national health care systems – without losing its core features.

Over the past 3 years, a group of senior international DBT therapists and researchers have banded together to ensure the continuity of Linehan's mission to provide the highest quality evidence-based treatment for people suffering from serious mental health problems, for their families, and for at-risk populations. Another facet of this mission is to provide high quality training to health care practitioners and other mental health care stakeholders as well as training and consultation to research scientists.

The Formation and Mission of IADBT

What does IADBT do?

- Maintain DBT treatment integrity by providing standards for the essential theoretical and intervention aspects of DBT. These standards define the necessary and sufficient elements that make a treatment DBT.
- Create and support a community of practice for people who share Marsha Linehan's passion for compassionate and evidence-based psychotherapy.
- Stimulate the continued advancement of research and practice of DBT.
- Bridge the science-practice gap by providing a platform for development based on collaboration among clinicians, researchers, consumers and other stakeholders.
- Foster the dissemination and implementation of DBT across the world, especially in underserved areas and populations, while maintaining treatment fidelity.
- Provide standards for quality training that is relevant to diverse cultural variations across regions, countries, cultures while maintaining core or essential DBT elements (theory, principles, structures, and strategies).

- Establish standards for DBT training.
- Build a strong, informed and connected membership body and act as their advocate.

How does IADBT do it?

- IADBT is committed to an expert-driven, transparent, representational, and non-commercial structure.
- Establish a leading international authority on the science, practice and delivery of DBT.
- Encourage innovation and creativity in DBT research and treatment delivery.
- Protect the quality and standards of practice of DBT by developing guidelines on training and certification of DBT under consideration of the currently established national standards.
- Provide access to information and resources through a website and social media
- Organize international conferences.
- Provide access to resources and information about the latest clinical and research advances through a IADBT website, social media, and newsletter.
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We invite you to join: The International Association for DBT will function as a self-organizing umbrella association supporting the many regional societies to balance scientific treatment integrity with the specific and diverse needs of each region. This democratic association will have its own constitution and by-laws and will encourage identification, participation and diverse representation world-wide.

Stay tuned: More information about IADBT and membership will follow in 2021.

Sincerely,

The IADBT Communications Committee

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