

Society of DBT MINIMUM TRAINING STANDARDS for the Practice of DBT

The Society of DBT has Minimum Training Standards (MTS) detailing the minimum level of training, experience and practice that therapists are required to achieve in order to practice at an agreed standard of competency.

The standards aim to:

- Provide individuals seeking training with the core standards they are expected to meet within their overall training in DBT.
- Provide DBT training courses with a guide to the training needs which will need to be met by their training programme
- Provide the Board of Accreditation (BOA) of the Society of DBT with a standard against which to decide if an applicant has received the desired level of training necessary to practice DBT at an agreed standard of competency
- Provide employers with a benchmark of standards in DBT

1. BASIC REQUIREMENTS

1.1 Therapists will usually have an approved basic professional qualification in an appropriate profession (See Appendix 6 for recognised Core professions e.g. psychology, psychiatry, nursing, counselling, occupational therapy, social work, education). They will usually be registered with a professional, regulatory body and have been working in DBT for at least one year.

1.2. Therapists will have experience in working in a therapeutic role with clients.

1.3. Therapists will demonstrate adherence to the Society of DBT code of conduct.

1.4. Therapists will use DBT in line with the available evidence base as their main, or one of their main therapeutic models.

2. LENGTH OF TRAINING

2.1 DBT therapy skills training, including Basic Professional Training and experience and relevant Cognitive and/or Behavioural Therapy training, will usually have been over at least a four-year period.

3. THEORETICAL AND DBT THERAPY SKILLS TRAINING

3.1 The training will include the acquisition of a critical understanding of the relevance of studies of Human Development, Psychopathology, Psychology, Social context and evidence-based practice.

3.2 Therapists will have covered a minimum curriculum that has provided a broad-based understanding of the theoretical basis of Dialectical Therapy Skills training and their application across a range of problem areas.

3.3 DBT therapy skills training is an essential component of the acquisition of knowledge and experience of DBT and should not comprise less than 50% of a therapist's total training programme.

3.4 Theoretical knowledge and skills will have been acquired through structured teaching and self-directed study. The minimum number of hours study required in DBT elements of training is 450 hours. Demonstration of these requirements would normally be required through a mandatory, training log which specifies the length of study, content, number of taught hours and a record of the lecturers, tutors or mentors participating in a therapist's training.

3.5 Where training is received in alternative formats from face to face teaching, the minimum amount of 70 hours must be delivered face to face. The remaining 130 hours teaching required can be delivered by other media. All alternative teaching formats are required to allow either some sort of interactive teaching or opportunity for discussion/questioning/exploration and should meet all other Minimum Training Standards required (i.e. delivered by DBT accredited practitioner or recognised equivalent).

Examples of acceptable, alternative teaching formats are:

a. Video conference teaching b. DVD or video teaching which is facilitated by a DBT Accredited practitioner or recognised equivalent and is accompanied by discussion etc.

3.6 Therapists should achieve the skills to be able to understand and interpret research relevant to the outcome and effectiveness of Dialectical Behavioural Therapy. This would usually be achieved during the formal study requirements outlined above.

4. SUPERVISED CLINICAL PRACTICE

4.1 Therapists should have conducted a minimum of 10 hours of supervised therapy sessions during training. This would be in the form of intensive, close supervision which will have involved the use of live, audio or video materials of the trainee conducting therapy which has been listened to/watched by the supervisor.

4.2 **In addition** all therapists will have received face to face/phone/video individual (a minimum of 10 hours) and/**or** group supervision (a minimum of 20 hours) during the period of training for both assessment and therapy, carried out by a DBT Therapist who is accredited with the Society of DBT as an adherent DBT therapist or recognised equivalent. Where supervision was predominantly carried out in a group format, the opportunity for personal and individual supervision should have been available during training. Supervision will have consisted of regular feedback and discussion of case work in DBT.

4.3 A minimum of 4 clients will have been assessed and treated under supervision using DBT approaches by the trainee during the period of training (including a minimum of 2 treated from pre-treatment to completion of treatment) before a therapist is regarded as having completed their training. In order to monitor the quality and quantity of this, details of supervised clinical practice and case mix should have been recorded in a mandatory training log.

4.4 Supervised practice will have been subjected to formal assessment with a case formulation and chain and solution analysis written up and at least one tape of an individual DBT session that is of an adherent standard.

5. PERSONAL DEVELOPMENT

5.1 Therapists must attend consultation team weekly, fully embracing the fallibility agreement, fully disclosing their failures and successes and to be open to feedback from their team.

6. ACCREDITATION OF DBT THERAPISTS

To apply to be accredited by the Society of DBT, therapists must have one year's experience since qualification in their Core Profession, meet all the Minimum Training Standards, maintain an agreed level of continuing professional development in DBT, attend consultation team weekly and adhere to the Society of DBT Code of Conduct.