

**Dialectical Behavior Therapy (DBT)  
12 Month Minor Rotation Option  
Center for Behavioral Medicine**

The DBT program is designed for individuals who have difficulty effectively managing their emotions. DBT teaches distress tolerance skills, radical acceptance, and mindfulness techniques to allow individuals to handle unpleasant or undesirable emotions. As part of the DBT program, interns will facilitate DBT skills groups and provide individual therapy for one or two inpatients throughout the training year. An intern who chooses DBT as a training experience will devote one and one-half days per week to DBT endeavors such as attending the weekly two-hour consultation team meeting, facilitating skills groups, providing individual therapy, and consulting with treatment teams. The consultation team receives consultation and support from the statewide DBT training coordinator. Minimum rotation requirements are listed below:

<b>Psychotherapy</b>	<b>Description</b>
Individual Psychotherapy	Interns will provide individual DBT, including coaching calls, for at least one patient throughout the year.
Group Psychotherapy	Interns will conduct one weekly off-unit and one weekly on-unit DBT skills group.
<b>Psychological Assessment</b>	<b>Description</b>
Assessment/Evaluations	Interns will conduct behavior and solution chain analyses with their DBT patient.
<b>Professional Development</b>	<b>Description</b>
Treatment Team Consultant	Intern will meet with patient's treatment team as needed to provide information regarding patient's needs and progress.
DBT Consultation Team Member	Intern will demonstrate full participation during DBT weekly two-hour Consultation Team meetings (with its goal of helping therapists increase fidelity to the model and offer support to therapists).
Scholar-Practitioner	Intern will increase knowledge and adherence to DBT by completing recommended reading, watching training videos, and participating in weekly individual supervision.