

THE
E B R I G H T
COLLABORATIVE

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DBT FOUNDATIONAL SKILLS TRAINING INFORMED CONSENT ADDENDUM

This document explains the DBT FST program and outlines what the DBT FST program provides. Please ask your therapist if you have any further questions. It is very important that you read the entire statement carefully before signing. The signed original will be kept in your file and a copy will be provided for your personal records.

General Information Regarding the DBT FST Program

It is essential that you are aware of what the DBT FST program is and what it is not in order to be an informed consumer. The DBT FST program is not comprehensive DBT, which includes individual therapy and the availability of 24-hour phone coaching. The DBT FST program is a 24 week course which teaches all of the skills and other elements described by DBT treatment developer, Marsha M. Linehan, PhD and summarized in her Skills Training Manual for Borderline Personality Disorder (New York: Guilford Publication, 1993). The DBT FST program will include **two one-hour sessions** of the DBT skills training class each week for a period of 24 weeks, and **one 30-minute session** every-other week with a skills trainer for individual skills coaching. Crisis services are not included in the DBT FST program. You are expected to have another treatment professional who is clinically responsible for your overall care and coordination of treatment (i.e. an individual therapist, a psychiatrist or a primary care doctor), and whom you can call should a clinical emergency arise while you are a participant in the DBT FST program.

Intake Process

Participation in the intake process does not mean that your acceptance in the DBT FST program is guaranteed. An Ebright therapist will work with you for about two intake sessions to make sure that you are receiving the best program match possible depending on your specific needs. If it is determined that you are in need of a higher level of care than the DBT FST program can provide, the intake therapist will refer you to the appropriate program, whether that be in the community or simply waiting for a spot in the comprehensive DBT program to open. Formal acceptance into the DBT FST program will occur following the completion of the final intake assessment.

Experimental Nature of the FST Program

An important DBT research study was recently completed by Dr. Linehan. The purpose of this study was to examine differences in clinical outcomes if patients received comprehensive DBT as opposed to DBT skills or DBT individual therapy. Results from this study found few differences between those who received comprehensive DBT vs. DBT Skills Training. While comprehensive DBT was more effective in



the long run and with a larger variety of issues, those assigned to the DBT Skills Training condition did very well. While these findings are very encouraging, they are relatively recent and the study has not yet been repeated to see whether results are similar. This study, in combination with numerous other published research studies on the benefits of DBT skills, make a strong case for the Foundational DBT Skills Training program we are offering (In fact, we have consulted with a number of DBT experts and DBT researchers to ensure that the DBT FST program we have designed makes good clinical sense based on the latest scientific research). While we are optimistic that the DBT FST program will be clinically helpful to you, it is still experimental. We will be carefully monitoring the program and tracking participants' outcomes over time. We will also be asking you for your input and impressions. Should we find that this real-world application of Linehan's findings is helpful, we will do all we can to help further communicate its benefit to other DBT programs world-wide.

Comprehensive Waitlist Positions

Participation in the DBT FST program is currently being offered only to those on the Ebright waitlist. Your waitlist position will NOT be affected by joining this program. If you would like to join comprehensive DBT you will be able to as soon as your name comes to the top of the waitlist. Names will progress along the waitlist without being put above or below others due to participation in DBT FST. As a DBT FST client you can decide to opt out of comprehensive DBT when your name comes up on the list if you demonstrate steady progress in the DBT-FST program and/or if you decide you prefer to not enter into comprehensive DBT. Those who do not make sufficient progress or desire the comprehensive treatment will be strongly encouraged to receive comprehensive DBT when the slot comes available.

Data Collection Permissions

As mentioned earlier, we are carefully tracking how helpful the DBT FST is. For this reason, we would like your permission to use your data for research purposes. This may include additional voluntary communication from and data collection by Ebright staff after the termination of treatment. Any research done will be done without any identifying information, data and results using your information will be kept completely anonymous. Data collection will take the form of surveys and questionnaires.

The Ebright Collaborative LLC reserves the right to change terms or parts of this consent at any time. You will be made aware of such changes with ample notice.

By signing below, I am indicating I have read, understand, and agree to the information presented in this informed consent.

Client Printed Name:

Client Signature:

Date

