

Psychiatry

Therapy Information

How often do you see your patient for treatment? ___ Weekly ___ Twice a Month
 ___ Other (please specify): _____

DBT is a practical skills training group with classes requiring homework and parent/guardian participation. Parents/Guardians who are unable to benefit from participation due to substance dependence, legal involvement, or severe mental illness including active mania or psychosis are asked to seek their own treatment prior to group participation. Are there parent(s)/guardian(s) who would be able to participate in group? ___ Yes ___ No

If yes, please list their name(s) _____

Does your patient have any learning problems? ___ Yes ___ No

If yes, please describe: _____

Does your patient have an IEP or 504 plan? ___ Yes ___ No

Has your patient ever been diagnosed with autism spectrum disorder (including Asperger's Disorder)? ___ Yes ___ No

I am the individual therapist other (_____) to the patient referred above. I understand that my patient will not be eligible to participate in the DBT Skills Training Program at UW Psychiatric Clinic unless they attend regular individual sessions on an ongoing basis (at least once per month while a part of the DBT group program unless documentation for less frequent visits is provided). As the primary provider for the patient, I agree that I will:

Assume full clinical responsibility for my patient.

1. Handle or provide backup services to manage patient clinical emergencies.
2. Be available by phone or provide a backup provider phone number to call during skills training sessions of my patient.
3. Provide and keep an updated safety plan.
4. Help my patient apply DBT skills to their clinical problems.

Referring Provider Name

Date

Important Group Guidelines: There is an attendance policy. If a patient misses three sessions within a module, they are to sit out until the start of the next module. If they sit out two modules, then they will be removed from group and must wait a year before re-applying to group. The skills build on each other and therefore attendance is important. Our group sessions are skills focused and we do not discuss crises or delve into more personal topics. Therefore, patients are required to be in ongoing individual therapy to address crises, discuss personal topics, and reinforce skills practice. If the patient discontinues therapy or has repeated no-shows or cancellations, please contact the Adolescent DBT facilitator.

Comments/anything you feel would be helpful: