



## Dialectical Behavior Therapy Intensive & Foundational Training INDIVIDUAL HOMEWORK ASSIGNMENTS & SCORE SHEET

Complete and score the following at your own pace. For Intensive Training: Give this score sheet to your Team Leader when you are done.

For Foundational Training: Return this score sheet (signed by your mentor) to Behavioral Tech.

For each item, please enter the number in the "Score" column according to this legend: Completed - <b>3</b> ; Partially completed - <b>2</b> ; Somewhat completed - <b>1</b> ; Not started - <b>0</b>	Score (B1) (Enter 0-3)
1. Read <i>Cognitive-Behavioral Treatment of Borderline Personality Disorder</i> (text) and <i>DBT® Skills Training Manual, 2<sup>nd</sup> Edition</i> (skills training manual).	
2. Teach (either to clients or other staff members) and practice each Core (ones marked with a star) DBT skill in the skills training manual and complete all DBT skills homework sheets at least once.	
3. Complete the DBT exam per the instructions provided in the exam.	
4. Complete at least three chain analyses and write them down. Discuss at least one with your team.	
5. Fully complete a diary card for one week. Add one target to increase and one target to decrease.	
6. Develop a personal plan for gaining experience in mindfulness; present your plan to your team and discuss contingencies.	
7. Lead your consultation team in a mindfulness exercise at least once. Team members should give feedback.	
8. Read a book on behavior change ( <i>Don't Shoot the Dog/ABCs of Human Behavior</i> ). Discuss with team.	
9. Audio or video record at least one session. Review the recording with your team. <ul style="list-style-type: none"> <li>The recording should include: <b>1</b>) Commitment with client; <b>2</b>) Explanation of DBT biosocial model; <b>3</b>) Explanation of BPD using the BPD criteria as organized in the five categories; <b>4</b>) Example(s) of irreverent and reciprocal communication strategies; <b>5</b>) Validation (Levels 3, 4, and 5).</li> <li>If recording a client session is not possible (or if any of the items listed above are not present in the recording), practice each of the above with another team member.</li> </ul>	
10. Identify a team-interfering behavior to discuss with your consultation team. Provide validation for the behavior at a Level 4 and 5; describe the behavior and provide contingency clarification/solution analysis (including Options for Responding to Any Problem) (i.e. When you do X, I feel Y; I'd prefer you do Z.)	
11. Think about your most difficult client and identify therapy-interfering behaviors of both the client and yourself. Describe behaviors from a nonjudgmental behavioral standpoint and discuss with team.	
12. Choose one of the books below and read as directed: <ul style="list-style-type: none"> <li><b>Chapters 1, 4, 6, 9, 13, 16, 19, &amp; 20:</b> Abramowitz, J.S., Deacon, B.J., &amp; Whiteside, S.P.H. (2019) <i>Exposure Therapy for Anxiety: Principles and Practice</i> (2<sup>nd</sup> ed.). New York: Guilford Press.</li> <li><b>In its entirety:</b> Foa, E.B., Chrestman, K.R., &amp; Gilboa-Schechtman, E. (2008). <i>Prolonged Exposure Therapy for Adolescents with PTSD Emotional Processing of Traumatic Experiences</i> (Therapist Guide). New York: Oxford University Press.</li> </ul>	
13. Explain how everything is as it should be to a client and to your consultation team.	
14. Tell a story about radical acceptance to your consultation team.	
15. Re-do a self-invalidating statement; help another person re-do their own.	
16. Write your personal plan for how you will stay current with DBT relevant research. Options could include attending a scientific professional conference, subscribing to SCITECH Daily Review, or subscribing to another service that summarizes cutting edge scientific data (e.g., <a href="http://www.nature.com">www.nature.com</a> , <a href="http://www.edge.org">www.edge.org</a> , or <a href="http://scholar.google.com">http://scholar.google.com</a> ). Share the plan with your team.	
17. Complete a case formulation (using provided form) on at least one client and review with your team.	

Individual Homework Score (B1-Total): \_\_\_\_\_

DBT Exam (Closed; B2): \_\_\_\_\_

DBT Exam (Open; B3): \_\_\_\_\_

*For Foundational Training Participants Only:*

Mentor's Signature: \_\_\_\_\_

Mentor's Name: \_\_\_\_\_