

### Sample DBT Consultation Log

Date:                      Starting Time:                      Ending Time:  
Attendance:                      On Time    Chain Analysis    Paperwork Compliant    Number of Clients    Coverage Needed (who is covering, how long, plan, etc.)

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***Structure of Consultation***

- Consultation leader assigned:                       Observer assigned:                       Note taker assigned:
- Mindfulness exercise:
- Consultation agreement read
- Notes from previous week read
- Leader set agenda
  - Life Threatening Behaviors:
  - Therapy Interfering Behaviors (client; including 4-miss rule warning):
  - Therapy Interfering Behaviors (therapist; including team-interfering behavior):
  - Severe Quality of Life Interfering Behaviors:

Leader checked to see if any therapist was approaching burnout (praise/validation/consultation):

Leader checks to see if an update to emergency list is needed:

Update from skills trainers:

New back-up clinician needing to be assigned (emergency contact information given):

### ***Process of Consultation***

Consultation focused more on therapist behavior more than issues with client.

For the most part, issues brought up about clinicians' behaviors were done so in an easy manner.

Communication of team members involved acceptance and change styles.

A team member pointed out an anti-thesis regarding a clinical issue and synthesis was achieved.

Dialectical tension within the meeting was noted by a team member and synthesis was achieved.

### ***Team members' behaviors during consultation***

A team member was doing more than 1 thing at a time during meeting.

*Action taken:*

A team member showed defensiveness when another team member provided feedback.

*Action taken:*

A team member was treated with "kid gloves" when another team member highlighted judgment, defensiveness, lateness, multi-tasking, etc. or feedback was clearly needed, however was not given due to fear of response.

*Action taken:*

The team offered solution analysis before function of target behavior was analyzed and defined.

*Action taken:*

A team member made judgmental/invalidating remarks about themselves during consultation.

*Action taken:*

A team member made a judgmental or disrespectful comment about one of their clients.

*Action taken:*

A team member was unprepared for consultation meeting.

*Action taken:*

A team member did not participate during consultation meeting.

*Action taken:*

**Notes:**

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Signature of Note Taker

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Date