DIALECTICAL BEHAVIOR THERAPY

SAMPLE TREATMENT CONTRACT

CONSUMER AGREEMENTS

- 1. I agree to participate in DBT for one year.
- 2. I will attend weekly individual therapy and weekly skills group.
- 3. Treatment is ended if I miss 4 weeks of individual therapy in a row or 4 weeks of skills group in a row.
 - 4. If I end treatment, I may be able to return when a new IPOS is negotiated.
- 5. I will work toward solving problems in ways that do not include intentional self-harm or suicide.
 - 6. I will work on my problems that interfere with getting effective treatment.

THERAPIST AGREEMENTS

- 1. I will make every reasonable effort to provide quality therapy.
- 2. I agree to obey standard ethical and professional guidelines.
- 3. I will come to every scheduled session or cancel in advance if needed.
 - 4. I will respect the integrity and rights of the consumer.
- 5. I will keep information revealed in therapy confidential within the DBT team.
- 6. I will participate in peer consultation meetings to work on my problems that interfere with providing effective treatment.

Consumer

Date

Therapist

Date