

Multi-Family Group Member Agreements

1. For teens in a *comprehensive DBT program*, each individual must be in ongoing individual DBT therapy.
2. Members agree not to come to sessions under the influence of drugs or alcohol.
3. Members agree to keep information obtained during sessions (including the names of other group members) confidential
4. Members agree to practice the skills taught in the group and to do all homework assignments.
4. Members understand that missing 4 consecutive group or individual sessions will mean that they are no longer in treatment. Members may reapply 20 weeks after their first group meeting.
5. If members are late or must miss a session, members agree to call a group leader ahead of time to notify them and to obtain the homework.
6. Members agree not to discuss past suicidal behaviors or past “war stories” about using alcohol or illicit drugs with other group members either inside or outside of group and individual sessions.
7. Members agree not to contact one another when in crisis. Instead, members will contact their skills trainer or therapist.
8. Members agree not to form private relationships (cliques, dating) while they are in skills training together.
9. Members agree not to act in an unkind or disrespectful manner towards other group members.
10. Members understand that they have committed to a 22-week DBT Multi-family skills program and have reserved a space in this group. For this reason, members will be charged for all of the sessions. During this time, members have the option to cancel one session without being charged.