



Requirements and Mentoring for the DBT Foundational Training

DBT Foundational training consists of five days of training followed by a range of homework tasks designed to assist your implementation of the treatment. It has several requirements and asks that you have a mentor.

DBTNZ's Requirements:

- You belong to a DBT team that was established within a DBT intensive training (or comprehensive equivalent) and where at least half of the team has completed a DBT Intensive or Foundational training (or recognized equivalent).
- The DBT team provides all four modes of DBT: (individual DBT, group skills training, telephone consultation or functional equivalent for generalisation, therapist consultation meeting) to meet the 5 functions of treatment (improve client motivation, enhance client capabilities, generalisation, structure the environment, DBT consultation meeting).
- Their DBT team has the resources to mentor the members in training and help them become part of the team.
- There is enough expertise on the team to navigate required program development.

Your mentor

To support your learning and increase your success, we request that you identify a mentor who can help you with the tasks of DBT training and implementation. Your mentor is asked to:

- support, monitor, and provide feedback to you while you complete the DBT Foundational Training and homework.
- assist you with meeting prerequisites and completion of homework assignments.
- provide us with written verification that homework assignments have been completed within the required timeframe.

Your mentor will be an active member of a functioning DBT consultation team for at least two years following their own comprehensive DBT training and either have:

- Certification by the DBT-Linehan Board of Certification (DBT-LBC)

Or

- Have completed a Comprehensive DBT training (e.g. Intensive or Foundational training) from Behavioral Tech, one of its International Affiliates, Psychwire or some other equivalent training with a recognized training provider.

Your mentor will preferably be a member of your DBT consultation team so they can assist you with first-hand knowledge about your practice context. This is particularly important if they are Foundationally and not Intensively trained (as foundational training does not focus so much on programme development and structure).

Please discuss the mentor requirement with a suitable person. During the registration process, your mentor is required to send us confirmation that they accept this role and endorse your team's ability to support and mentor your new practice. Please contact us at info@dbtnz.co.nz if you have any queries about these requirements.