

Requirements for Foundational Training™

This training is for individuals who have been newly appointed to an existing DBT program.

Foundational Training consists of three parts. These are as follows:

- **Preparation**
 - Guided self-study of DBT manuals and other required readings
 - Attendance at your DBT programme Consultation Team
- **Instruction**
 - Part 1: Five days of in-person instructor-led lectures, demonstrations, and small group exercises used to teach DBT theory and strategies in-depth
- **Implementation**
 - Several months of learning and delivering your DBT programme and honing DBT clinical skills guided by a series of homework assignments provided at Part I (including a self-study exam).
 - Submission of your case report and homework sheet to your team leader for sign-off (your team lead then notifies the office that you have completed the homework and you will then receive your certificate of completion).

Each applicant:

- (1) Must be employed by a healthcare organisation that expects them to be seeing clients
- (2) Must be registered to practice with a regulatory professional body e.g.
 - Health Professions Council,
 - General Medical Council,
 - Nursing & Midwifery Council,
 - Professional Standards Authority.

If a person does not have a professional registration but they have been employed in a role for two years that requires that they deliver psychological interventions under supervision, we will consider them for training provided their clinical supervisor is part of the DBT team and is Intensively Trained and is registered with a professional body.

- (3) Must commit 15 hours per week to learning and delivering DBT.
- (4) Must be part of a DBT team that is delivering a comprehensive programme with a team leader with sufficient training & experience to be able to sign off the homework assignments i.e. has received Intensive Training™

For teams that have lost substantial numbers of Intensively Trained staff we will encourage the following:

- Sending Foundation team members as a team (minimum 3 members) to a Part II (availability permitting) or to the DBT Upgrade training.
- Sending a second team (minimum 3) on Intensive Training™
- Sending Foundation team members to Post-Intensive Training e.g. Advanced Class workshop