

## Dialectical Behavior Therapist's Agreement

I, \_\_\_\_\_ (*therapist name*), agree to make every reasonable effort to conduct the DBT program as competently as possible. This includes working within the limits of my scope of practice and abiding by the requirements of my profession's ethical code. My clients can expect me to make my best effort to be supportive, to help them gain insight and learn new skills, and to teach them the tools they need to deal more effectively with their problems.

I also make it clear that I cannot "save" clients, nor can I solve their problems or force them to cease self-harming behaviors.

Although I can help clients develop and practice new behaviors that may help them build a life worth living, I cannot build my clients' life for them. The analogy of therapist as guide is helpful: I can show someone the way, but I cannot walk the path for them.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_