

## **Key components of The DBT Endeavour Programme**

There are 5 key components to this standard dialectical behaviour therapy intervention

### **Group Skills Training Sessions (lectures)**

**Focus:** to teach mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness skills. Lectures are delivered by two clinicians, for 2.5 hours weekly.

### **Individual Therapy Sessions**

**Focus:** to motivate and build commitment with the clients, to teach cognitive and behavioural skills to reduce self-harm and other self-destructive behaviours.

### **Phone coaching**

**Focus:** telephone contact is used to assist service users in actively using skills, learn to manage crises more effectively and less destructively, thus reducing the need for repeated admissions or crisis attendance at outpatient clinics and emergency departments.

### **Consultation meeting for clinicians**

**Focus:** meeting of clinicians involved in the programme to discuss cases, resolve difficulties in adherence with DBT protocols.

### **Structuring the Environments**

**Focus:** this is where the DBT team works with the environment that in some ways maintains the person's self-damaging behaviours. Examples of structuring the environment include working with the treatment system in helping it to understand the person and their behaviours, or work to support family or friends cope more effectively in managing the person's emotions and behaviours.