



DBT Telephone Skills Coaching

In DBT, skills coaching via telephone is used to help clients apply the skills that they have learned in group, to their own real-life situations. Skills coaching can be a valuable tool that can assist in getting you into the practice of identifying and using skills when they are needed the most. While skills coaching may be a great asset in improving your life, it is important to remember that **it is not a replacement for your individual therapy sessions or the skills training group**. In order to participate in skills coaching, a person must regularly attend their group and individual appointments. Skills coaching calls will generally last from 2 to 10 minutes and will be primarily focused on skill use.

It is appropriate to call for skills coaching when:

- You have attempted to use several skills to deal with a situation but, they have not helped.
- You are having difficulty thinking of a skill to use or how to apply a particular skill due to the intensity of a situation.
- You did a great job using a skill and want to share the news.

It is not appropriate to call for skills coaching when:

- You are under the influence of a substance.
- You are unwilling to accept coaching (giving the coach too many “yeah buts”).
- You have already engaged in self-harm.
 - Following self-harming behaviors, you are not allowed to call for phone coaching, or to contact your individual therapist in other ways, for a 24-hour period. You can and should attend scheduled appointments, even during these 24 hours.
 - If you do call during the 24-hour period following self-harming behaviors, you will be instructed to contact other resources and the call will end.
 - You are expected to call for phone coaching before you engage in ineffective or self-harming behaviors. Calling after engaging in these behaviors is not appropriate. The therapist can only be helpful before you use these behaviors because, in essence, afterwards you have already taken care of your distress by engaging in ineffective behaviors.

******IF THE ABOVE SITUATIONS DO OCCUR IT IS LIKELY THAT THE SKILLS COACH WILL PROMPTLY END THE PHONE CALL******

- Text messages will not be accepted.

Your therapist will set up specific arrangements with you regarding the following:

- Times of the day available for skills coaching
- Frequency of calling.
- Voice-mail turnaround time (may not receive a return call immediately).
- Skills coaching number

*Note: The skills coaching number should be reserved for skills coaching. For general information or scheduling/rescheduling appointments please call your therapist’s office number.

Client Signature: _____

Date: _____

Client Signature: _____

Date: _____