



# Glenbrook Practice

12-week Adult Outpatient DBT programme

## CLIENT CONFIDENTIAL INFORMATION

Your Full Name:.....

Address: .....

City: ..... Postal code: .....

Home phone: ..... Cell Phone: .....

Age: ..... Birthdate: ..... Birth place: .....

Email address: .....

Education: (Grade completed, and post secondary).....

Current occupation: .....

Person to alert in case of emergency:.....

Relationship to you: ..... Contact number: .....

Family doctor: ..... Contact number: .....

Relationship status: (circle one)    Single    Married    Partnered    Separated    Divorced    Widowed

Spouse/Partner's 1st name: ..... Age:..... Years in relationship:.....

Children: (gender, age).....

Current Psychiatrist:.....

Phone:..... Email:.....

Current Psychologist:.....

Phone:..... Email:.....

Cost: R9800.00, a no refundable deposit of R4000.00 is required before the start of the programme and the balance payable over 12 weeks. This also includes an executive folder with all notes and worksheets. Fees cannot be claimed from medical aid.

1. The client agrees to take full responsibility for the settling of an account directly after each group. The practice operates on a cash-only basis. Any other payment is by prior arrangement only.
2. While the practitioner agrees to take measures to ensure the safety and containment of the client, We will not be held liable for any self-inflicted injury and/or relapse by the client or otherwise, either during the course of the group or outside of those times.
3. The practitioner will maintain confidentiality at all times. It is understood that he has permission to liaise with any relevant professionals such as psychologists, psychiatrists and so forth regarding the clients history and process.
4. There are some limits and exceptions to patient confidentiality:

### **CHILD OR ELDER ABUSE**

Generally, Providers are required by law to report any known or suspected cases of child or elder abuse to the Children's Services Division or to any local law enforcement agency.

### **HARM TO SELF OR OTHERS**

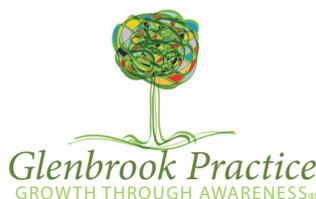
If a Provider learns that someone is about to kill or do harm to someone else she/he will do her/his best to warn the intended victim. If a Provider learns that a client intends to harm his/her self. The Provider will breach confidentiality to the extent necessary for his/her protection.

This document certifies that I give my permission to Glenbrook Practice and the counselor/s for the the 12 week DBT skills group. This group is not a replacement for formal therapy. You acknowledge that you have read the above information, clarified any uncertainties and that you consider yourself bound to the contents therein.

**Client Signature(s)**.....

**Signed at** .....

**Date:**.....



# 12 Week DBT Group Guidelines

It is important to create a setting where group members can express their feelings, and explore their relationships as freely as possible. At the same time very powerful feelings can emerge in any group situation. The fear of this can lead to anxiety. This can be helped by a secure framework for the group, and some basic group rules/guidelines are as follows;

1. Information obtained during group (including the names of other clients) must remain confidential. It is imperative that everyone in the group understands the importance of this guideline.
2. Group members who come more than 20 minutes late will not be allowed to attend the group
3. People may not form private relationships (cliques or dating) with one another while they are in the group. If the relationship were to become unstable or dissolve, one or both members may feel uncomfortable attending group. When people form private relationships in a group, others may feel excluded and uncomfortable as well. Thus, we ask that if the group members want to have a bite to eat after group, all members need to be invited. You are free to decline the invitation, of course.
4. Clients may not act in a mean or disrespectful manner toward other group members or group leaders. As has been said, we want this group to feel safe and comfortable for people to share, learn, and be supported. If people are mean or disrespectful, the remaining group members have greater difficulty accessing the help they are seeking.
5. Powerful emotions can arise during the group therapy, sometimes including anger. It can be very therapeutic if this can be expressed and put into words. However verbal abuse or direct aggression will not be accepted in the group situation.
6. Any member who attends under the influence of drugs and/or alcohol will be asked to leave the session, and encouraged to return the following week.

Client sign \_\_\_\_\_ Date \_\_\_\_\_

Our services and programs are based on Dialectical Behaviour Therapy (DBT). The Outpatient DBT Programme is designed for people who are struggling with problems associated with behaviours such as substance use and abuse, eating disorders, mood disorders such as anxiety and depression, bipolar and personality disorders like Borderline Personality Disorder. Referrals must come from your current psychologist or Psychiatrist. Persons considered ready for this group, would be those who have engaged in therapy and or DBT skills training for a minimum period of 3 months. This group is not a replacement for your formal therapy.

DBT skills training neither replaces nor alters the key-working role of other professionals, Psychiatrist and Psychologist, currently seeing clients who are in DBT skills training. DBT skills makes a distinction between the roles of other providers as it is skills based and not psychotherapy. DBT® is a registered trademark of Marsha M. Linehan. ©STEP-UPP® is a registered trademark of Glenbrook Practice. ©The STEP-UPP® DBT programme for adolescents and tweens and the adult programme that has been adapted and written for the South African context is the intellectual property of Glenbrook Practice. Copyright 2020 Glenbrook Practice.