



Registration & Agreement for Couples DBT Skills Group

St Louis DBT, LLC

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Increasing The Positives In Your Relationship

Thursdays, March 29 – May 17, 2018

Partner/Spouse _____ Age _____

Email _____ Cell _____

Address _____ City _____ Zip _____

Partner/Spouse _____ Age _____

Email _____ Cell _____

St Louis DBT Commitments

_____ St Louis DBT commits to provide an evidence-based 8 session skills group that includes an optimal balance of instruction, practice exercises and discussion. The skills group is not intended to be a therapy group. You will not be expected to share personal details.

_____ St Louis DBT strives to provide an experienced DBT therapist to work with every two couples who participate. Each therapist will observe and coach couples to apply skills effectively. Therapists commit to clinical neutrality between partners.

_____ Therapists commit to respond to phone calls, texts and emails for coaching seven days a week between the hours of 7:30 am and 9:30 pm. Coaching contacts are intended to be no more than 10-15 minutes in length and focus on identifying skills participants can use to address an immediate need. Couples are strongly encouraged to contact the therapist jointly (e.g., speaker phone, group text or cc email). Partners should be aware that DBT therapists have a policy of not keeping secrets between partners.

_____ Out-of-group couples sessions are available on an as needed basis to address difficult issues that arise in group. The couple may request or therapist may suggest a couples' session. Couples sessions will be made available at a discounted rate. The discounted \$100/session rate will only be made available during the 8 weeks with a maximum of two sessions at this rate. After two sessions, the therapist's regular rate will be charged.

Couples Commitments

Both partners initial each provision to indicate you have read and agree to the following commitments.

_____ We commit to attend all 8 sessions. We understand there are only three to six couples in the skills group and that any absence affects the quality of other participants' experience.

_____ We commit to do assigned homework between sessions. Homework may require 4-6 hours per week. We understand that without practice progress is impossible. We understand that much of the homework can be done in the course of activities we would do anyway.

_____ We understand that in-group practice exercises may on occasion cause emotional discomfort. We understand couples therapists will do all in their power to minimize emotional discomfort but understand that some discomfort may be unavoidable.

_____ We agree that for the 8 sessions of Increasing the Positives in Your Relationship Skills Group we will not threaten, discuss or move forward with divorce proceedings. For these 8 weeks, we commit to work wholeheartedly toward developing the skills needed to increase harmony and closeness in our relationship.

_____ We certify there has been no physical or sexual violence occurring between us in the past six months.

_____ If applicable, we certify that other mental health providers I/we see are aware of my/our intent to participate in this skills group and we have their support for participation. I/we understand that the need may arise to consult with other providers and agree to sign a confidentiality release.

_____ If under psychiatric care, I/we commit to continue under care and follow treatment recommendations throughout the 8 sessions of the skills group.

_____ I _____ give St. Louis DBT, LLC permission to bill my credit or debit card \$120/week for 8 sessions, **including absences and cancellations for any reason**. We understand no exceptions will not be made.

_____ We understand St. Louis DBT, LLC does not accept health insurance but documentation will be provided on request so we can submit for out-of-network reimbursement, if available.

Signature _____ **Date** _____

Signature _____ **Date** _____

Therapist's Signature _____ **Date** _____