



## DBT PE Case Consultation Instructions

Case consultations should focus on an actual client (adult or adolescent) with whom you have used DBT PE or plan to use DBT PE. Depending on the length of time you have been engaged in treatment with the client, the case presentation may reflect planned, in progress, or completed treatment activities. Each presenter will have 1 hour and 30 minutes in which to present the case and receive consultation.

### Elements of the Case Presentation and Consultation

- 1. Case Formulation:** You will be asked to complete a DBT PE Case Formulation that will be shared with the workshop participants prior to the training. They will be expected to read the formulation in preparation for your presentation.
- 2. Case Presentation (~25 minutes):** At the workshop you will be asked to present the case to the group. You will be provided with PowerPoint slide templates to create your presentation.
- 3. Work sample (~15 minutes):** You will be asked to either complete a role-play or play a session recording at the workshop that highlights one of the issues about which you are seeking consultation.
  - a. Role-play:** If you choose to do a role-play, you should plan to play yourself (the therapist). Please let us know in advance if another trainee will play the part of the client or if you need a trainer to do this.
  - b. Session recording:** If you choose to share a recording of an actual session, you are responsible for ensuring that you have obtained all necessary consents from your client to show their session to the entire training group. All participants are required to sign a Confidentiality and Privacy Agreement prior to being admitted to the training.
- 4. Consultation (~50 minutes):** There will be a primary trainer assigned to provide the consultation for your case, although the other trainer and the workshop participants will also be given an opportunity to provide feedback.