



How do I choose a DBT therapist?

Here are some things to look out for when choosing a DBT therapist:

- Is the therapist a registered professional (eg. Psychologist, Psychiatrist)?
- Is treating BPD a major interest/component of their work?
- Does the therapist have a background training and experience in the principles of Behavioural Therapy, or Cognitive Behavioral Therapy?
- Is their preferred therapy approach DBT (versus other therapies)?
- Has the therapist attended DBT Intensive Training? Was this a 10-day course? Was their training by Behavioral Tech?
- Does the therapist provide both individual DBT and skills training group? Can they refer you to a group program if they do not provide one themselves?
- Does the therapist regularly participate in a DBT consultation team? Do they receive supervision from other therapists with DBT training and experience?
- Does the therapist believe that they have been successful in their past treatment of BPD patients? Do they believe that recovery from BPD is possible?
- Is the therapist currently available to take new patients? What is the waiting time for an appointment?
- What is the therapist's fee for each therapy session?
- Can you claim a Medicare rebate for treatment provided by the therapist (if eligible)? How much is this rebate?