DBT Skills Group Progress Note

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_[ ] Present [ ] Absent, Excused [ ]  Absent, Unexcused [ ] Late (Time: )

 [ ]  Active Attendance Contract [ ] Active Discharge Contract

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Start Time: \_\_\_\_\_\_\_\_\_\_\_ End Time\_\_\_\_\_\_\_\_\_\_Place: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Client:**

1. **How high are your urges to quit skills training today?**

Not At All Some Desire to Quit Want to Quit

0 1 2 3 4 5 6 7 8 9 10

1. **How well are you able to control your thoughts right now?**

Monkey Mind Hanging on In Control/Present

0 1 2 3 4 5 6 7 8 9 10

1. **How well are you able to control your emotions right now?**

All over the place Hanging on In Control/Present

0 1 2 3 4 5 6 7 8 9 10

1. **How well are you able to control your actions right now?**

Out of control Hanging on In Control/Present

0 1 2 3 4 5 6 7 8 9 10

1. **How well did you understand the skills lesson based upon today’s lecture?**

 No Understanding Some Understanding Fully Understand

0 1 2 3 4 5 6 7 8 9 10

1. **During this session, how effective were your skills trainer(s)?**

Not Effective Effective Highly Effective

0 1 2 3 4 5 6 7 8 9 10

1. **How has group affected your willingness to come back next week?**

Not willing Willing, But Still Unsure See you next week

0 1 2 3 4 5 6 7 8 9 10

1. **What would you like your skills trainer(s) to know about this lesson? What worked for you? What didn’t work for you?**

# **Client Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**We agree to uphold the first philosophical position in DBT that all people are, at any point in time, doing the best they can.** You are doing the best you can the moment you walk into our treatment session. We mutually acknowledge that it is tempting to decide that we are not trying hard enough as we have both learned the social explanation for behavior failures (e.g. pull yourself by your own bootstraps or God helps those who help themselves).





Therapist Observations

**Week (Circle Current): 1 2 3 4 5 6 7 8**

**Module:** Mindfulness Emotion Regulation Distress Tolerance Self-Compassion Self-Validation Interpersonal Effectiveness

**Goal: Teach DBT skills in order to support a life worth living**

**Structured Exercise(s): Mindfulness, Lecture, Discussion**

**Homework Assigned: Practice current skill/handout**

1. During this group session, the member’s participation was:

[ ] Engaging/Facilitative [ ] Active/ Some Questions [ ] Passive/Attentive [ ] Hostile/Passive [ ] Rude/Disruptive

1. During this group session, the member’s interest in the topic appeared to be:

[ ] Great Interest [ ] Better Than Usual [ ] Acceptable [ ] Below Usual [ ] No Interest

1. During this group session, the member’s mood and affect was:

[ ] Sullen & Withdrawn [ ] Depressed [ ] Anxious/Agitated [ ] Manic/Disruptive [ ] Calm/Content

1. Homework Completed:

[ ] Yes [ ] No [ ] Forgot at Home, but completed [ ] Did not complete at all [ ] Unable to complete (Reason:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

1. Client reviewed in team this week?

[ ] Yes [ ] No

* Team Feedback/Follow-up\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Additional comments:.

Follow up needs/Safety Plan, if applicable: