



Consult Team

Meeting Agreements

Dialectical Agreement

We agree to accept a dialectical philosophy. There is no absolute truth. We agree to bring openness to varying viewpoints.

Consultation to the Individual Agreement

We agree the primary goal of this group is to improve our own skills as DBT service providers, agree to not treat those we serve as fragile and agree to treat team members as capable of speaking for themselves.

Consistency Agreement

We agree to accept diversity and change as they occur. We do not have to agree with each others' positions about how to respond to specific individuals nor do we have to tailor our own behavior to be consistent with others.

Observing Limits Agreement

We agree to observe our own limits. As service providers, we agree to not judge or criticize other members for having different limits from our own.

Phenomenological Empathy Agreement

All things being equal, we agree to search for non-pejorative or phenomenologically empathetic interpretations of our participants', our own and each other's behavior. We agree to assume we all are trying our best and want to improve.

Fallibility Agreement

We agree ahead of time that we are each fallible and make mistakes. Because of this, we will work at truly absorbing this and live it with compassion. We have permission to let go of proving our virtue or competence.

Attendance & Time

We agree to make every effort to attend meetings, complete homework and be on time.