

Dear Prospective DBT Therapist,

One of our primary missions at Youth Emotional Support (YES) is to facilitate access to trainings that are evidence-based, highly effective treatment strategies for therapists who are working with teens and young adults in our area. Dialectical Behavior Therapy is a protocol-based, principle-driven model that melds CBT with mindfulness skills, which has been proven to be more effective in treating complex, challenging clients, including suicidality. The interventions target skills development in four specific areas: mindfulness, interpersonal effectiveness, distress tolerance, and emotional regulation. DBT is a game-changer for clients, their families, and for the therapists working so hard to provide effective treatment.

YES continues to work diligently to raise the funds necessary to offer this intensive, 16-month training to qualified therapists in Florida who are committed to providing DBT services in their treatment settings. **To be eligible for this training, clinicians will need to hold a license in good standing as a mental health professional in the State of Florida OR be working towards licensure or completion of a licensed-eligible graduate program and practicing under a licensed Clinical Supervisor approved by the State of Florida.** DBT therapists practice in groups of 4-8, and it is ideal to have multiple therapists from one practice complete the training as a team. If you are a sole practitioner or do not have the required number of therapists in your practice to register with you, YES will make the effort to assign you to a training group to complete the training with and serve as your consultation group. The coursework is provided online and can be completed around your normal work routine. Additional information and frequently asked questions are also available on the training organization's website <https://psychwire.com/linehan/dbt-intensive>. This training is Marsha Linehan's DBT-approved training and will prepare a practitioner to take the certification exam to become a DBT certified therapist upon completion. This certification will be an incredible asset to any therapist's practice, as DBT therapists' services are at a premium any area in the country. Please read through the attachment and email me with any questions that you might have about the training.

As a condition of YES paying for this training on a therapist's behalf, each therapist must sign an agreement stating that they will complete the training in its entirety and within the time parameters (16 months) that the training outlines. Each therapist must agree to receive client referrals from YES at a 10% discount of their normal hourly rate for a period of two years following the date that the therapist begins the DBT training. Should the therapist not complete the entire DBT Training they commit to paying back the training fee paid by YES. Should the therapist complete less than the two-year commitment to receive client referrals, they commit to paying back an acceptable percentage of the training fees paid by YES (ex., only provide one year of discounted therapy = pay back 50% of the fee).

Please do not hesitate to reach out should you have any questions. Thank you for your consideration and I sincerely look forward to hearing from those of you who are interested!

Sincerely,  
Edna Lippi Brown, LMHC, MA  
MH-5357  
YES BOD Member and Training Committee Chair