

DBT Centre of Excellence

What to expect during your assessment

In terms of structure, the visit is a single-day assessment. The exact timings can be flexible depending on your service, but we would usually expect to be on site for several hours in order to gain a good understanding of how DBT is embedded across the team.

The main objective of the visit is to assess how fully DBT principles are integrated into everyday practice. In particular, we will be looking at how DBT is reflected across four key areas:

1. The proportion of staff who have received DBT training.
2. The extent to which DBT language is embedded in documentation and written materials.
3. How DBT thinking is used within team processes (e.g. discussions, handovers, case reviews).
4. Whether DBT principles are evident in how staff think, talk, and work in practice.
5. There will likely be a particular emphasis on the skills covered in DBT, so – for example - whether staff think in terms of the skills specific patients are in need of developing.

During the visit, the focus is on gaining a sense of your service. This is usually done through a combination of:

1. Discussions with staff about their work and how they apply DBT.
2. Reviews of relevant documentation or materials.
3. Informal observation of how DBT is reflected in the service culture.
4. If appropriate, conversations with a range of staff members (and potentially service users, if this is something you wish to facilitate).

In terms of preparation, there is nothing overly formal required. However, it is helpful to have:

1. Examples of documentation or materials that demonstrate the use of DBT language.
2. Staff available to talk about their work and experience of delivering DBT.
3. Any arrangements that allow us to understand how DBT is applied in practice (e.g. team discussions, or facilitated conversations about case work).

The visit is intended to be a constructive and collaborative process, and not overly-formal. The assessor will be keen to understand your service, highlight strengths, and where relevant offer helpful suggestions.

