

Dear Program Participant,

Dialectical Behavior Therapy has a long and rich history of using outcome research to support its success with people with mood dysregulation disorder. One of the reasons why DBT is so widely used is because of how research proves its effectiveness. Research is becoming an essential component of the comprehensive model of DBT. In keeping with this tradition, the Auburn-Davis Center for DBT is launching their outcome research project for the program beginning in April of 2017.

Research will be gathered through self-report measures that focus on the participants current symptoms (e.g. sadness, irritation, motivation). Participants will be asked to complete the survey at the start of every module; by the end of the DBT program, they will have completed four surveys total.

The survey will be administered electronically using a HIPPA compliant and confidential website called Qualtrics. An email will be sent to you or your teen with a link to the survey. The survey will take 45 minutes at the most. It is preferred that the teen/adult participants complete the survey at home within a week. If the survey is not finished within a week, the teen/adult will be asked to come to individual session early in order to complete it on a DBT program IPAD.

If you or your teen does not want to participate in the DBT program outcome research, please let us know! We are hoping that it will be beneficial for the DBT program and the families that use our services. Having outcome research will help show how each participant is growing and learning DBT skills. Outcome research will also help us get coverage from insurance companies for services. Many insurance companies now are asking for research to support that our program is beneficial for our population. You can be part of the Auburn-Davis Center for DBT's efforts to provide the most effective treatment possible for every family we serve.

Sincerely,

Susan Landes, PsyD, MFT
CEO/Owner
Auburn Davis Center for DBT