Table 7.1: Engagement Strategies for Adolescents and Families

1. Conduct clinical assessment
   a. Fold patient’s problems into DBT problem areas. Explain how for each major problem area (e.g., confusion about self, emotion dysregulation, impulsivity, interpersonal problems, adolescent-family dilemmas) there are corresponding skills developed to address them. This helps to instill hope early in the session.
   b. Conduct analyses of parasuicidal behavior and prior treatment history.


3. Orient to DBT
   a. Present format and philosophy of treatment
   b. Review treatment agreements
      i. Patient agreements
      ii. Therapist agreements
      iii. Patient-therapist relationship agreement

4. Stylistic Strategies
   a. Reciprocal communication strategies
   b. Irreverent communication strategies

5. Commitment Strategies with Adolescents
a. Commitment to treatment program

   i. Reducing parasuicidal, treatment-interfering and quality-of-life interfering behaviors

   ii. Participating in individual sessions, multi-family skills training group sessions, family sessions as needed, and using the telephone for coaching.

6. Dialectical Strategies