



Alisa Liggett
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Office of Student Conduct
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October 10, 2016

The purpose of this letter is to provide information regarding myself and my treatment with



I am a licensed profession counselor with license number



My National

Provider Identification number is



I am currently completing my certification in Dialectical Behavioral Therapy (DBT). DBT is a form of cognitive behavioral treatment that was originally developed to treat chronically suicidal individuals diagnosed with borderline personality disorder and it is now recognized as the gold standard psychological treatment for this population. Addition, research has shown that it is effective in treating a wide range of other disorders such as substance dependence, depression, post-traumatic stress disorder (PTSD), and eating disorders. <http://behavioraltech.org/resources/whatisdbt.cfm>. In DBT a person has an assessment and then has between 1-4 pretreatment sessions. Following these sessions the person than commits to the treatment and we agree to treatment for 24 weeks of individual and group. At that time I become the person's therapist. Once in treatment the only ways for a person to leave treatment is for them to complete treatment, for the 24 week agreement to end, or they unilaterally terminate by missing four consecutive weeks of treatment either group or individual.

I meet with for an assessment on Friday October 7th. has given me permission to speak about his attendance, participation, and the course of our treatment. Including in our discussion was the events that occurred before, during, and after his Student Conduct hearing. also provided the email chain where he stated "I can't live in a World where I am feared. I won't be returning." and I have scheduled three pretreatment sessions; October 13th, October 27th, and November 3rd at 2:00

pm. In the past, when I have worked with Pretrial Intervention, I have provided a note following a scheduled session either with the client or via the US Mail detailing that the person attended and participated and I would be willing to do that with the Office of Student Conduct. If you have any specific questions about DBT I would be more than happy to answer them, my work cell phone is [REDACTED]. Thank you for your time and all that you are doing to help [REDACTED].

Sincerely,

[REDACTED]

Dialectic Behavioral Therapist

[REDACTED]

Thank You.

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