

Implementing the RISE Framework

R - Recognize

Before disclosing, pause to recognize what's leading you to consider sharing your experience. **Ask yourself:**

What's making me think sharing DBT client experience might be helpful right now?

What emotions can I imagine coming up when disclosing?

☐ relief ☐ pride ☐ fear ☐ shame ☐ curiosity ☐ hope ☐ anxiety ☐ other:

How comfortable do I feel sharing this part of my experience right now?

- ☐ Very comfortable- I feel open and read
- ☐ Somewhat comfortable- I have mixed, manageable feelings
- ☐ Unsure- I am not clear yet
- ☐ Somewhat uncomfortable- I am hesitant and nervous
- ☐ Not comfortable- I am not ready right now

What do I hope the outcome will be for me, my team, and our clients?

How comfortable do I feel holding my “therapist experience” and “client experience” at the same time?

- ☐ Very comfortable- I am confident. I consistently hold both these experiences.
- ☐ Somewhat Comfortable- I mainly hold both at the same time and occasionally separate them
- ☐ Unsure- I am not clear yet.
- ☐ Somewhat uncomfortable- I often separate these experiences and only sometimes I can hold both at the same time
- ☐ Not comfortable- I consistently separate these experiences and can not hold both at the same time

Have I shared this before? What happened?

Is there a sense of urgency to share now? Why might that be?

Am I making this decision from wise mind?

- ☐ Yes- I feel balanced in my choice
- ☐ Partially- I notice wise mind while also noticing emotional or rational mind being stronger
- ☐ No- I am mostly in emotional mind or rational mind right now

I – Investigate

Next, take time to explore possible impacts and gather perspectives before deciding.

Questions about your team:

How might my team respond if I shared this part of my history?

Does the team culture encourage openness about lived experience?

Are there risks, spoken or unspoken, about sharing? If so, what are they?

Would I feel safe if the reactions were mixed or critical?

Questions about yourself:

What am I hoping to achieve by sharing?

What boundaries feel important to maintain?

Am I confident in what I would (and wouldn't) share?

Do I have support, supervisory, peer, or personal if the disclosure feels hard later?

S – Self-disclose

After the working through the investigate stage and deciding that disclosure makes sense take time to plan the disclosure.

Questions to consider:

How can I frame this disclosure as relevant and helpful, not as seeking validation?

What is the smallest, most meaningful piece I can share?

How can I invite dialogue rather than make a statement?

How can I model dialectical thinking, honoring both my lived experience and my role as a professional?

Example language:

“I’d like to share something about my own experience that helps me connect with parts of this work. I’ve been through DBT myself, and that perspective shapes how I think about validation and skill use.”



E – Explore

After disclosure, intentionally reflect and observe.

Questions for the team:

How did this impact our discussion?

Did it change how we relate to the team or the team dynamics?

Questions for yourself:

How do I feel after sharing? Relieved? Vulnerable? Seen? Unsure?

Did the disclosure serve the purpose I hoped for?

Would I do it again or do anything differently next time?