The Marsha M. Linehan DBT Clinic at the University of Washington does not formally endorse any particular clinics or therapists, including those on this list.

FULL DBT PROGRAMS

King County

Harborview DBT
Mental Health and Addiction Service
(206) 744-9620
401 Broadway, 1st Floor
Seattle, WA 98104
carsonwr [at] uw.edu
https://www.uwcspar.org/dbt-at-harborview.html

Balance Psychotherapy Collaborative*
https://www.balancepsychotherapycollaborative.com/

The DBT Center at EBTCS*
Evidence Based Treatment Centers of Seattle
(206) 374-0109
1200 5th Avenue, Suite 800
Seattle, WA 98101
www.ebtseattle.com/dbt

DBT Eastside*
(425) 615-0605
1400 112th Ave SE
Bellevue, WA 98004
https://www.dbteastside.com/

The Marsha M. Linehan DBT Clinic*
University of Washington, Department of Psychology
(206) 685-3295
Kincaid Hall, Suite 410
Seattle, WA 98195
DBTClinic [at] uw.edu

Greenlake Therapy Group*
4803 Fremont Ave N.
Seattle, WA 98103
greenlaketherapygroup [at] gmail.com
www.greenlaketherapygroup.com

Seattle Children’s Hospital*
Mood and Anxiety Program, Department of Psychiatry and Behavioral Medicine
(206) 987-8978

4800 Sand Point Way NE
Seattle WA 98105

The Seattle Clinic
1700 Westlake Ave N, Suite 400
Seattle, WA 98109
https://www.theseatleclinik.com/dbt

Columbia City DBT
(206) 214-6009
https://www.columbiacitydbt.com

Pierce County

DBT Center of Tacoma*
(253) 434-4220
5219 N Shirley St., Suite 100
Ruston, WA 98407
https://www.dbtcenteroftacoma.com/

INDIVIDUAL DBT THERAPISTS

King County

Elaine Cheung LICSW*
Independent Practice
(612) 229-1438
1817 Queen Anne Ave. N.
#309
Seattle, WA 98109
emkcheung [at] gmail.com
https://www.emkcheung.wixsite.com/therapy

Ashley Connors, LICSW
Seattle CBT
(404) 643-8341
600 N 36th St
Seattle, WA 98103
aconnors [at] seattlecbt.com
https://seattlecbt.com/

Ronnie Cunningham, PhD*
Cunningham Psychological Services
(206) 335-8783
4915 25th Ave NE, Suite 102W
Seattle, WA 98105
ronec24 [at] comcast.net
https://www.cunninghampsych.com/

Elizabeth Dexter-Mazza, PsyD*
Independent Practice
(206) 779-1265
Lizzmazza [at] msn.com
http://www.mazzaconsulting.com/

Michelle Diskin, LMHC*
Independent Practice
(425) 629-8889
1975 112th Ave NE
Bellevue, WA 98004

Clara Doctolero, PsyD*
Seattle Psych Studio
(206) 258-3703
509 Olive Way, Suite 853
Seattle, WA 98101
Clara [at] seattlepsychstudio.com
https://www.seattlepsychstudio.com/

Dan Finnegan, PhD*
Behavioral Methods
1975 112th Ave NE Suite 202
Bellevue, WA 98004-2942
https://www.behavioral-methods.com/

Vibh Forsythe Cox, PhD*
MML DBT Clinic and Independent Practice
Vibhcoxphd [at] gmail.com
https://www.vibhcoxfhd.com/

Mar Garlizio, LICSW*
Independent Practice
7511 Greenwood Ave North, Unit #4087
Seattle, WA 98103
The Marsha M. Linehan DBT Clinic at the University of Washington does not formally endorse any particular clinics or therapists, including those on this list.

Connect [at] margaliziotherapy.com
https://margaliziotherapy.com/

**Lauren Hammond, PhD**
Independent Practice
5608 17th Avenue NW Suite 1801
Seattle, WA 98107-5232
https://drlaurenhammond.clientsecure.me/

**Melanie Harned, PhD**
VA Puget Sound Healthcare System
https://www.va.gov/pugetsound-health-care/health-services/#mental-health-care

**Ruth Herman-Dunn, PhD**
Independent Practice
(206) 937-1186 x 1
4700 42nd Ave SW, Suite 540
Seattle, WA 98116
https://www.ruthherman-dunn.com/

**Tracy Kalloway, LMHC**
Wise Mind Therapy
https://www.wisemindtherapy.com/

**Jordan Lyon, PhD**
Independent Practice
(206) 291-4173
6689 Woodlawn Ave NE, Ste 204
Seattle, WA 98115
Jlyonphd [at] gmail.com
https://jordanjlyonphd.com/

**Jared Michonski, PhD**
Independent Practice
600 N 36th St
Suite 305
Seattle, WA 98103
Jared [at] djaredmichonski.com
https://www.djaredmichonski.com/

**Jennifer Palau, LICSW**
Independent Practice
(425) 223-0085
16771 NE 80th St., Ste 204
Redmond, WA 98052

http://www.jenniferpalau.com/

**Paradox Therapy**
Seattle, WA
Hello [at] paradoxtherapy.com
https://www.paradoxtherapy.com/

**Sara Schmidt, PhD**
Middle Path Solutions
Kirkland, WA
(425) 298-3214
Sara [at] middlepathsolutions.org
https://www.saraschmidtphd.com/

**Rebecca Schneir, LMFT**
Independent Practice
(206) 805-9119
600 N 36th St, #309
Seattle, WA 98103
Rebecca [at] rebeccaschneir.com
www.rebeccaschneir.com

**Amy Turi, LICSW**
Equanimity Behavioral Therapy
Bellevue, WA 98005
Amy [at] equanimitybt.com
https://www.equanimitybt.com/

**Teresa LaFleur, LMHC**
LaFleur Counseling
(425) 681-1528
10003 270th ST NW
Building, Suite D
Stanwood, WA 98292
Teresa.lafleur [at] gmail.com
https://lafluercounseling.com/

**DBT SKILLS GROUPS**

**King County**

**Balance Psychotherapy Collaborative**
https://www.balancepsychotherapycollaborative.com/

**Columbia City DBT**

http://www.columbiacitydbt.com/

**The DBT Center at EBTCS**
Evidence Based Treatment Centers of Seattle
(206) 374-0109
1200 5th Avenue, Suite 800
Seattle, WA 98101
www.ebtseattle.com/dbt

**DBT Eastside**
(425) 615-0605
1400 112th Ave SE, Ste 202
Bellevue, WA 98004
https://www.dbteastside.com/

**Harborview DBT**
Mental Health and Addiction Service
(206) 744-9600
401 Broadway, 1st Floor
Seattle, WA 98104
carsonwr [at] uw.edu
https://www.uwcspar.org/dbt-at-harborview.html

**Greenlake Therapy Group**
4803 Fremont Ave N.
Seattle, WA 98103
greenlaketherapygroup [at] gmail.com
www.greenlaketherapygroup.com

**Paradox Therapy Collective**
Seattle, WA
Hello [at] paradoxtherapy.com

**DBT Skills Groups:**
https://www.paradoxcollectivegroup.com/

**The Seattle Clinic**
1700 Westlake Ave N, Suite 400
Seattle, WA 98109
https://www.thescienceclinic.com/dbt

**DBT FRIENDS & FAMILY GROUPS**

**King County**
The Marsha M. Linehan DBT Clinic at the University of Washington does not formally endorse any particular clinics or therapists, including those on this list.

Harborview DBT
Mental Health and Addiction Service
(206) 744-9600
401 Broadway, 1st Floor
Seattle, WA 98104
carsonwr [at] uw.edu
https://www.uwcspar.org/dbt-at-harborview.html

The DBT Center at EBTCS*
Evidence Based Treatment Centers of Seattle
(206) 374-0109
1200 5th Avenue, Suite 800
Seattle, WA 98101
www.ebtseattle.com/dbt

Greenlake Therapy Group
4803 Fremont Ave N.
Seattle, WA 98103
greenlaketherapygroup [at] gmail.com
www.greenlaketherapygroup.com

Seattle Children’s Hospital
Mood and Anxiety Program, Department of Psychiatry and Behavioral Medicine
(206) 987-8978
4800 Sand Point Way NE
Seattle WA 98105

INTENSIVE OUTPATIENT PROGRAMS

King County

The DBT Center at EBTCS*
Evidence Based Treatment Centers of Seattle
(206) 374-0109
1200 5th Avenue, Suite 800
Seattle, WA 98101
www.ebtseattle.com/dbt

The Emily Program* (Eating disorder recovery focus)

(206) 283-2220
1700 Westlake Avenue North, Suite 700
Seattle, WA 98109
https://emilyprogram.com/locations/seattle/

Imagine by Northpoint* (Adolescents only)
(425) 368-9473
2111 N Northgate Way Suite 101
Seattle, WA 98133
https://www.seattleimagine.com/adolescent-mental-health-treatment-programs/adolescent-dialectical-behavior-therapy-program-seattle-wa/

Northpoint Seattle (Sober-living focus)
(425) 532-3347
2111 N Northgate Way Suite 101
Seattle, WA 98133
https://www.northpointseattle.com/mental-health-treatment-programs-seattle/dialectical-behavior-therapy-program-seattle/

Ryther*
(206) 517-0234
2400 NE 95th St
Seattle WA 98115
https://www.ryther.org/iop-db7

THIRA Health* (Women, girls, and gender non-conforming individuals only)
(425) 448-8808
11400 SE 6th St, Suite 200
Bellevue, WA 98004
https://www.thirahealth.com/

SELF-HELP

Now Matters Now
Nowmattersnow.org

ADVOCACY/FAMILY ORGANIZATIONS

Emotions Matter
https://emotionsmatterbpd.org/

National Education Alliance for Borderline Personality Disorder (NEA BPD)
https://www.borderlinepersonalitydisorder.org/

National Alliance for the Mentally Ill of Greater Seattle
(206) 783-9264
802 NW 70th St.
Seattle, WA 98117
info@namiseattle.org
https://namiseattle.org/

National Alliance for the Mentally Ill of Snohomish County
(425) 339-3620
PO Box 12487
Everett, WA 98206
https://namisnohomishcounty.org/

National Alliance for the Mentally Ill – Eastside
(425) 885-6264
16307 NE 83rd Street, Ste 203
Redmond, WA 98052
info@nami-eastside.org
www.nami-eastside.org

OTHER DBT REFERRAL INFO

The DBT-Linehan Board Certification
https://dbt-lbc.org/

Behavioral Tech
https://behavioraltech.org/