

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. (*) indicates the provider sees clients under the age of 18.

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://uwcspar.org/resources/cspar-affiliated-clinical-programs/dbt-at-harborview-html/>

The Bellevue Center for CBT & DBT*

1975 112th Ave NE Suite 203

Bellevue, WA 98004

hello [at] bellevuecenter.com

<https://thebellevuecenter.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

<https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/services/mood-and-anxiety-program/>

Columbia City DBT

(206) 214-6009

<http://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

Elaine Cheung LICSW*

Independent Practice

(612) 229-1438

1817 Queen Anne Ave. N.
#309

Seattle, WA 98109

emkcheung [at] gmail.com

<https://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*

Under One Roof Psychological Services

(206) 257-0134

4915 25th Ave NE, Suite 102W

Seattle, WA 98105

admin [at] underoneroofps.com

<http://underoneroofps.com/member/ronnie-cunningham/>

Michelle Diskin, LMHC*

Independent Practice

(425) 629-8889

1975 112th Ave NE

Bellevue, WA 98004

<https://www.psychologytoday.com/us/therapists/michelle-diskin-bellevue-wa/717685>

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/>

Andrew Fleming, PhD

Independent Practice

<https://fleming.phd/>

Vibh Forsythe Cox, PhD*

MML DBT Clinic and

Independent Practice

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Vibhcoxphd [at] gmail.com
<https://www.vibhcoxphd.com/>

Mar Garlizio, LICSW*
Independent Practice
7511 Greenwood Ave North,
Unit #4087
Seattle, WA 98103
Connect [at]
margaliziotherapy.com
<https://margaliziotherapy.com/>

Natalia Garcia, PhD
Jet City Psychological Services
(206) 486-5919
6075 California Ave SW
Seattle, WA 98136
Nataliagarcia [at]
jetcitypsych.com
<https://jetcitypsych.com/natalia-garcia-phd>

Grace Gu, PhD*
Grace Behavioral Health
Grace [at] GraceBxHealth.com
<https://www.gracebxhealth.com/>

Natasha Gulati, PhD
Independent Practice
(206) 317-4658
<https://www.natashagulatiphd.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/puget-sound-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/>

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

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

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

Erin Miga, PhD
Independent Practice
erin [at] drerinmiga.com
<http://www.drerinmiga.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

Milani Smith, PhD*
Independent Practice
(206) 235-0766
1975 112th Ave NE, Suite 202
Bellevue, WA 98004
milanismith [at]
milanismithphd.com
<https://www.milanismithphd.com/>

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

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DBT SKILLS GROUPS

King County

Balance Psychotherapy Collaborative*

<https://www.balancepsychotherapycollaborative.com/>

The Bellevue Center for CBT & DBT*

1975 112th Ave NE Suite 203
Bellevue, WA 98004
hello [at] belvuecenter.com
<https://thebelvuecenter.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

Pierce County

DBT Center of Tacoma*

(253) 434-4220
5219 N Shirley St., Suite 100
Ruston, WA 98407
<https://www.dbtcenteroftacoma.com/>

DBT FRIENDS & FAMILY GROUPS

Harborview DBT

Mental Health and Addiction
Service
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Seattle, WA 98104
carsonwr [at] uw.edu
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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

<https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/services/mood-and-anxiety-program/>

INTENSIVE OUTPATIENT PROGRAMS

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/washington/seattle/>

Imagine by Northpoint*

(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->

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[behavior-therapy-program-seattle/](#)

Ryther*

(206) 517-0234
2400 NE 95th St
Seattle WA 98115
<https://www.ryther.org/iop-dbt>

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/>