

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, 1<sup>st</sup> Floor

Seattle, WA 98104

carsonwr [at] uw.edu

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

#### **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/>

#### **The DBT Center at EBTCS\***

*Evidence Based Treatment Centers of Seattle*

(206) 374-0109

1200 5<sup>th</sup> Avenue, Suite 800

Seattle, WA 98101

[www.ebtseattle.com/dbt](http://www.ebtseattle.com/dbt)

#### **DBT Eastside\***

(425) 615-0605

1400 112<sup>th</sup> 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](http://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/>

#### **The Seattle Clinic**

1700 Westlake Ave N, Suite

400

Seattle, WA 98109

<https://www.theseattleclinic.com/dbt>

#### **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

### King County

#### **Elaine Cheung LICSW\***

*Independent Practice*

(612) 229-1438

1817 Queen Anne Ave. N.  
#309

Seattle, WA 98109

[emkcheung \[at\] gmail.com](mailto:emkcheung[at]gmail.com)

<https://emkcheung.wixsite.com/therapy>

#### **Ashley Connors, LICSW**

*Seattle CBT*

(404) 643-8341

600 N 36<sup>th</sup> St

Seattle, WA 98103

aconnors [at] seattlecbt.com

<https://seattlecbt.com/>

#### **Ronnie Cunningham, PhD\***

*Cunningham Psychological Services*

(206) 335-8783

4915 25<sup>th</sup> Ave NE, Suite 102W

Seattle, WA 98105

ronec24 [at] comcast.net

<https://www.cunninghampsycho.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

<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

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<https://www.behavioral-methods.com/>

**Vibh Forsythe Cox, PhD\***  
MML DBT Clinic and  
Independent Practice  
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/>

**Lauren Hammond, PhD \***  
Independent Practice  
5608 17th Avenue NW Suite  
1801  
Seattle, WA 98107-5232  
<https://dr Laurenhammond.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 42<sup>nd</sup> 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://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 80<sup>th</sup> 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 36<sup>th</sup> St, #309  
Seattle, WA 98103  
Rebecca [at]  
rebeccaschneir.com  
[www.rebeccaschneir.com](http://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/>

## **Snohomish County**

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

## **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] bellevuecenter.com  
<https://thebellevuecenter.com/>

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<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](http://www.greenlaketherapygroup.com)

### **The Seattle Clinic**

1700 Westlake Ave N, Suite 400

Seattle, WA 98109

<https://www.theseattleclinic.com/dbt>

### **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**

#### **King County**

#### **Harborview DBT**

*Mental Health and Addiction Service*

(206) 744-9600

401 Broadway, 1<sup>st</sup> Floor

Seattle, WA 98104

carsonwr [at] uw.edu

<https://www.uwcspar.org/dbt-at-harborview.html>

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*Centers of Seattle*

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1200 5<sup>th</sup> Avenue, Suite 800

Seattle, WA 98101

[www.ebtseattle.com/dbt](http://www.ebtseattle.com/dbt)

#### **Greenlake Therapy Group**

4803 Fremont Ave N.

Seattle, WA 98103

greenlaketherapygroup [at]

gmail.com

[www.greenlaketherapygroup.com](http://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-](https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/services/mood-and-anxiety-program/)

[behavioral-](https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/services/mood-and-anxiety-program/)

[medicine/services/mood-and-](https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/services/mood-and-anxiety-program/)

[anxiety-program/](https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/services/mood-and-anxiety-program/)

### **INTENSIVE OUTPATIENT PROGRAMS**

#### **King County**

#### **The DBT Center at EBTCS\***

*Evidence Based Treatment*

*Centers of Seattle*

(206) 374-0109

1200 5<sup>th</sup> Avenue, Suite 800

Seattle, WA 98101

[www.ebtseattle.com/dbt](http://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/locati](https://emilyprogram.com/locations/washington/seattle/)

[ons/washington/seattle/](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-](https://www.seattleimagine.com/adolescent-mental-health-treatment-programs/adolescent-dialectical-behavior-therapy-program-seattle-wa/)

[treatment-](https://www.seattleimagine.com/adolescent-mental-health-treatment-programs/adolescent-dialectical-behavior-therapy-program-seattle-wa/)

[programs/adolescent-](https://www.seattleimagine.com/adolescent-mental-health-treatment-programs/adolescent-dialectical-behavior-therapy-program-seattle-wa/)

[dialectical-behavior-therapy-](https://www.seattleimagine.com/adolescent-mental-health-treatment-programs/adolescent-dialectical-behavior-therapy-program-seattle-wa/)

[program-seattle-wa/](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.co](https://www.northpointseattle.com/mental-health-treatment-programs-seattle/dialectical-behavior-therapy-program-seattle/)

[m/mental-health-treatment-](https://www.northpointseattle.com/mental-health-treatment-programs-seattle/dialectical-behavior-therapy-program-seattle/)

[programs-seattle/dialectical-](https://www.northpointseattle.com/mental-health-treatment-programs-seattle/dialectical-behavior-therapy-program-seattle/)

[behavior-therapy-program-](https://www.northpointseattle.com/mental-health-treatment-programs-seattle/dialectical-behavior-therapy-program-seattle/)

[seattle/](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-dbt>

#### **THIRA Health\***

**(Women, girls, and gender non-conforming individuals only)**

(425) 448-8808

11400 SE 6<sup>th</sup> 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**

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(206) 783-9264  
802 NW 70<sup>th</sup> St.  
Seattle, WA 98117  
[info@namiseattle.org](mailto: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 83<sup>rd</sup> Street, Ste 203  
Redmond, WA 98052  
[info@nami-eastside.org](mailto:info@nami-eastside.org)  
[www.nami-eastside.org](http://www.nami-eastside.org)

**OTHER DBT REFERRAL  
INFO**

***The DBT-Linehan Board  
Certification***

<https://dbt-lbc.org/>

***Behavioral Tech***

<https://behavioraltech.org/>