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) 744-9600  
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

*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

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

**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

**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://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.mazaconsulting.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.behavioralmethods.com/

*Vibh Forsythe Cox, PhD*
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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/

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/

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

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

Snohomish County

Teresa LaFleur, LMHC
LaFleur Counseling
(245) 681-1528
10003 207th ST SW
Building, Suite D
Stanwood, WA 98292
Teresa.lafleur [at] gmail.com
https://lafleurcounseling.com/

DBT SKILLS GROUPS

King County

Columbia City DBT
http://www.columbiacitydbt.com/

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

DBT Eastside
(245) 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.paradoxcollective.group/

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

DBT FRIENDS & FAMILY GROUPS

King County

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

**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/washington/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-

**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://dbtlbc.org/

**Behavioral Tech**
https://behavioraltech.org/

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-dbtx

**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/