

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://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 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

gmail.com

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

#### **Seattle Children's Hospital\***

*Mood and Anxiety Program, Department of Psychiatry and Behavioral Medicine*

Department of Psychiatry and Behavioral Medicine

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/>

behavioral-

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

<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](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.cunninghampsy.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 112<sup>th</sup> 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 112<sup>th</sup> Ave NE Suite 202

Bellevue, WA 98004-2942

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

#### **Vibh Forsythe Cox, PhD\***

*MML DBT Clinic and Independent Practice*

*Independent Practice*

Vibhcoxphd [at] gmail.com

<https://www.vibhcoxphd.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://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/>

**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](http://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)

**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/>

**Columbia City DBT**

<http://www.columbiacitydbt.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, Ste 202  
Bellevue, WA 98004  
<https://www.dbteastside.com/>

**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>

**Greenlake Therapy Group**  
4803 Fremont Ave N.  
Seattle, WA 98103  
greenlaketherapygroup [at]  
gmail.com  
[www.greenlaketherapygroup.com](http://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.theseattleclinic.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, 1<sup>st</sup> 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 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-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/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-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 95<sup>th</sup> 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**

(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/>