

DBT Resource List

FULL DBT PROGRAMS

King County

Harborview DBT

Mental Health & Addiction Service
401 Broadway, 1st floor
Seattle, WA 98104

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

The DBT Center of Seattle*

(206) 374-0109
1200 5th Avenue, Suite 800
Seattle, WA 98101

ebtseattle.com/dbtcenter.html

Columbia City DBT

(206) 214-6009

<https://www.columbiacitydbt.com>

Behavioral Research & Therapy Clinics

MML DBT Clinic

dbtclinic@uw.edu

(206) 685-3295

depts.washington.edu/uwbrtc/

Greenlake Therapy Group*

4803 Fremont Ave N.

Seattle, WA 98103

www.greenlaketherapygroup.com

greenlaketherapygroup@gmail.com

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Seattle Children's Hospital*

4800 Sand Point Way NE

Seattle WA 98105

(206) 987-8978

The Seattle Clinic*

1700 Westlake Ave N #400,

Seattle, WA 98109

<https://www.theseattleclinic.com>

DBT Center of Tacoma*

5219 N Shirley St., Suite 100

Ruston, WA 98407

<https://www.dbtcenteroftacoma.com>

INDIVIDUAL DBT THERAPISTS

King County

Ashley Connors, MSW

404-642-8341

aconnors@seattlecbt.com

Ronnie Cunningham PhD*

(206) 335-8783,

4915 25th Ave NE, Suite 202W

Seattle WA 98105

www.cunninghampsy.com

Clara Doctolero, PsyD*

(206) 253-3703

509 Olive Way Suite 853

Seattle, WA 98101

<http://seattlepsychstudio.com/>

Dan Finnegan, LICSW*

[https://www.behavioral-](https://www.behavioral-methods.com)

[methods.com](https://www.behavioral-methods.com)

Mar Garlizio, MSW

connect@margaliziotherapy.com

Tracy Kalloway, LMHC

hello@wisemindtherapy.com

Jennifer Palau, LICSW*

16771 NE 80th St, Ste 204

Redmond, WA 98052

425-223-0085

www.jenniferpalau.com

Rebecca Schneir, LMFT*

600 N. 36th St. #309

Seattle, Wa. 98103

(206) 685-1011

rebecca@rebeccaschneir.com

<http://www.rebeccaschneir.com>

Snohomish County

Jennifer Gross, LMHC*

(425) 359-3061

1910 120th Pl SE, Suite 103,

Everett, WA, 98208

jennifergross@comcast.net

www.jennifergrosslmhc.com

DBT SKILLS GROUPS

King County

Harborview DBT

Mental Health & Addiction Service
401 Broadway, 1st floor
Seattle, WA 98104

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

The DBT Center of Seattle*

(206) 374-0109

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(206) 214-6009

<https://www.columbiacitydbt.com>

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Greenlake Therapy Group*

4803 Fremont Ave N.

Seattle, WA 98103

www.greenlaketherapygroup.com

greenlaketherapygroup@gmail.com

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DBT Eastside*

(425) 615-0605

1400 112th Ave SE Suite 202

Bellevue, WA, 98004

info@dbteastside.com

<http://dbteastside.com/>

Snohomish County

Compass Mental Health

DBT Skills Group

(425) 835-5850

4807 196th SW Suite 100

Lynnwood WA 98036-6409

<http://www.compasshealth.org/>

DBT FRIENDS & FAMILY PROGRAMS

King County**Harborview DBT**

Dialectical Family Group Therapy

(206) 744-9623

pbrink1@uw.edu

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

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(206) 374-0109

1200 5th Avenue, Suite 800

Seattle, WA 98101

ebtseattle.com/dbtcenter.html

Greenlake Therapy Group*

4803 Fremont Ave N.

Seattle, WA 98103

www.greenlaketherapygroup.com

greenlaketherapygroup@gmail.com

m

Seattle Children's Hospital*

4800 Sand Point Way NE

Seattle WA 98105

(206)987-8978

INTENSIVE OUTPATIENT PROGRAMS
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The DBT Center*

(206) 374-0109

1200 5th Avenue, Suite 800

Seattle, WA 98101

ebtseattle.com/dbtcenter.html

Insight Behavioral Health

901 Boren Ave. Ste 1800

Seattle, WA

877-290-7025

THIRA Health

400 108th Ave NE #700

Bellevue, WA 98004

(425) 454-1199

<https://thirahealth.com>

(services for women only)

SELF-HELP

Ursula Whiteside, PhD

Now Matters Now

(206) 679-6359 or

Text "Matters" to 741741

ursulawhiteside@gmail.com

NowMattersNow.org

ADVOCACY/FAMILY ORGANIZATIONS
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National Education Alliance for BPD (NEA BPD)

Family Connections Program

(914) 835-9011

<http://www.borderlinepersonalitydisorder.com/>

National Alliance for the Mentally Ill of Greater Seattle

1-800-782-9264

<http://www.nami-greaterseattle.org/>

National Alliance for the Mentally Ill of Snohomish County

(425) 339-3620 or

(425) 417-2109

www.namishomishcounty.org

National Alliance for the Mentally Ill – Eastside

425-885-NAMI (6264)

16315 NE 87th Street, Suite B-3

Redmond, Washington 98052

info@nami-eastside.org

<http://www.nami-eastside.org/>

Treatment and Research Advancements National Association for Borderline Personality Disorder (TARA)

Office: (212) 966-6514

Helpline: 1-888-4-TARAAPD

<http://www.tara4bpd.org/>