

# DBT Resource List

## FULL DBT PROGRAMS

### King County

#### **Harborview DBT**

Mental Health & Addiction Service  
(206) 744-9622  
401 Broadway, 1<sup>st</sup> floor  
Seattle, WA 98104  
<http://www.uwcspar.org/dbt-at-harborview.html>

#### **The DBT Center of Seattle**

Evidenced Based Treatment  
Centers of Seattle  
(206) 374-0109  
1200 5<sup>th</sup> Avenue, Suite 800  
Seattle, WA 98101  
[ebtseattle.com/dbtcenter.html](http://ebtseattle.com/dbtcenter.html)

#### **Behavioral Research & Therapy Clinics**

(206) 543-2782  
3917 University Way NE  
Seattle, WA 98195-5915  
[depts.washington.edu/uwbrtc/](http://depts.washington.edu/uwbrtc/)

#### **Greenlake Therapy Group\***

6800 E. Greenlake Way N. Ste 255  
Seattle, WA 98115  
[www.greenlaketherapygroup.com](http://www.greenlaketherapygroup.com)  
[greenlaketherapygroup@gmail.com](mailto:greenlaketherapygroup@gmail.com)  
[m](http://m)

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

4800 Sand Point Way NE  
Seattle WA 98105  
(206) 987-8978

#### **Sound DBT**

(206) 365-4648  
17713 15th Ave NE #204  
Shoreline WA 98155  
<http://www.sound-dbt.com/>

#### **Cadence Child & Adolescent Therapy\***

(425) 658-3200  
5210 Carillon Point  
Kirkland, WA 98033  
[Intake@CadenceChat.com](mailto:Intake@CadenceChat.com)  
<http://cadencechat.com/>

## INDIVIDUAL DBT THERAPISTS

### King County

#### **Britt Alvy, MSW**

206-787-2387  
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#### **Penni Brinkerhoff, LMHC**

Sound DBT  
(206) 365-4648  
17713 15th Ave NE #204  
Shoreline WA 98155  
<http://www.sound-dbt.com/>

#### **Adam Carmel, PhD\***

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Seattle, WA 98115  
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#### **Ronnie Cunningham PhD\***

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4915 25th Ave NE, Suite 202W  
Seattle WA 98105  
[www.cunninghampsy.com](http://www.cunninghampsy.com)

#### **Elizabeth Dexter-Mazza, PsyD\***

(206) 779-1265  
[lizzmazza@msn.com](mailto:lizzmazza@msn.com)

#### **Clara Doctolero, PsyD\***

(206) 253-3703  
509 Olive Way Suite 853  
Seattle, WA 98101  
<http://seattlepsychstudio.com/>

#### **Lynn Elwood, MA, LMHC**

6800 E. Greenlake Way N. Ste 255  
Seattle, WA 98115  
<http://www.lynnelwood.net/>

#### **Andrew Fleming, PhD\***

The Seattle Clinic  
(206) 588-6648  
1700 Westlake Ave N Suite 400  
Seattle, WA 98109  
<http://www.theseattleclinic.com>

#### **Ruth Herman-Dunn, PhD**

(206) 937-1186  
4850 California Avenue SW  
Seattle, WA 98116

#### **Dorian Hunter, PhD**

[Dorian@theseattleclinic.com](mailto:Dorian@theseattleclinic.com)  
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Seattle, WA 98109

#### **Tracy Kalloway, LMHC**

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#### **Elizabeth LoTempio, PsyD\***

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1700 Westlake Ave N Suite 400  
Seattle, WA 98109  
<http://www.drelizabethlotempio.com>

#### **Jordan Lyon, PhD\***

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206-823-9783

#### **Erin Miga, PhD\***

1700 Westlake Ave N Suite 400  
Seattle, WA 98109  
(206) 595-1096  
<http://www.drerinmiga.com>

### **Cristina Mullen, LCSW**

*Psychotherapy Coaching and Consulting Services LLC*

(206) 214-6009

5000 42nd Ave S

Seattle, WA, 98118

[connect@cristinamullen.hush.com](mailto:connect@cristinamullen.hush.com)

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

### **Jennifer Palau, LICSW\***

16771 NE 80th St, Ste 204

Redmond, WA 98052

425-223-0085

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

### **Rebecca Schneir, LMFT\***

600 N. 36th St. #309

Seattle, Wa. 98103

(206) 685-1011

[rebecca@rebeccaschneir.com](mailto:rebecca@rebeccaschneir.com)

<http://www.rebeccaschneir.com>

### **Ursula Whiteside, PhD**

(206) 679-6349

1307 N. 45th St., Suite 200

Seattle, WA 98103

[ursulawhiteside@gmail.com](mailto:ursulawhiteside@gmail.com)

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

### **Snohomish County**

### **Jennifer Gross, LMHC\***

(425) 359-3061

1910 120th Pl SE, Suite 103,

Everett, WA, 98208

[jennifergross@comcast.net](mailto:jennifergross@comcast.net)

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

### **DBT SKILLS GROUPS**

### **King County**

### **Harborview DBT**

*Mental Health & Addiction Service*

(206) 744-9622

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

Seattle, WA 98104

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

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

### **Maple Leaf DBT PLLC**

Bob Goettle, MA, LMHC & Noelle

Mestres, LICSW

(206) 372-8400 or (425) 771-7036

229 Broadway East, Rm 8

Seattle, WA 98102

[bob@mapleleafdbt.com](mailto:bob@mapleleafdbt.com)

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

### **Greenlake Therapy Group\***

6800 E. Greenlake Way N. Ste 255

Seattle, WA 98115

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

[greenlaketherapygroup@gmail.com](mailto:greenlaketherapygroup@gmail.com)

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

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*Centers of Seattle*

(206) 374-0109

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

Seattle, WA 98101

[ebtseattle.com/dbtcenter.html](http://ebtseattle.com/dbtcenter.html)

### **Columbia City DBT**

Cristina Mullen, LCSW

(206) 214-6009

[connect@cristinamullen.hush.com](mailto:connect@cristinamullen.hush.com)

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

### **The Seattle Clinic\***

1700 Westlake Ave N Suite 400

Seattle, WA 98109

[info@theseattleclinic.com](mailto:info@theseattleclinic.com)

<http://www.theseattleclinic.com>

### **Sound DBT**

(206) 365-4648

17713 15th Ave NE #204

Shoreline WA 98155

<http://www.sound-dbt.com/>

### **DBT Eastside\***

(425) 615-0605

1400 112th Ave SE Suite 202

Bellevue, WA, 98004

[info@dbteastside.com](mailto:info@dbteastside.com)

<http://dbteastside.com/>

### **Tracy Kalloway, LMHC**

1107 NE 45th St. Ste 200

Seattle, WA 98105

[northdbt@gmail.com](mailto:northdbt@gmail.com)

206-496-4164

### **Ursula Whiteside, PhD**

(206) 679-6349

1307 N. 45th St., Suite 200

Seattle, WA 98103

[ursulawhiteside@gmail.com](mailto:ursulawhiteside@gmail.com)

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

### **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**

*Mental Health & Addiction Service*

*Dialectical Family Group*

(206) 744-9623

[pbrink1@uw.edu](mailto:pbrink1@uw.edu)

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

Seattle, WA 98104

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

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

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Seattle, WA 98101

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[greenlaketherapygroup@gmail.com](mailto:greenlaketherapygroup@gmail.com)

## Seattle Children's Hospital\*

4800 Sand Point Way NE  
Seattle WA 98105  
(206)987-8978

## INTENSIVE OUTPATIENT PROGRAMS

### The DBT Center

Evidenced Based Treatment  
Centers of Seattle  
(206) 374-0109  
1200 5th Avenue, Suite 800  
Seattle, WA 98101  
[ebtseattle.com/dbtcenter.html](http://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](mailto:ursulawhiteside@gmail.com)  
[NowMattersNow.org](http://NowMattersNow.org)

## ADVOCACY/FAMILY ORGANIZATIONS

### *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.namisnohomishcounty.org](http://www.namisnohomishcounty.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](mailto: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/>