

DBT Resource List

FULL PROGRAMS

King County

Harborview DBT

Mental Health & Addiction Outpatient
Clinic, JoAnn Marsden
(206) 744-9600
401 Broadway, 1st floor
Seattle, WA 98104
www.uwmedicine.org/locations/psychot-herapy-harborview

The DBT Center

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

Behavioral Research & Therapy Clinics

(206) 543-2782
3935 University Way NE
Seattle, WA 98195-5915
depts.washington.edu/uwbrtc/

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
<http://cadencechat.com/>

INDIVIDUAL DBT THERAPISTS

King County

Jacquelyn Ball, MD

(202) 251-7192
6869 Woodlawn Ave NE
Seattle, WA 98115

Penni Brinkerhoff, LMHC

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

Kristina Campbell, LMHC*

(206) 817-9346
2107 Elliott Ave, Ste 202
Seattle, WA 98121
*Non-suicidal clients only

Adam Carmel, PhD

(206) 701-7380
info@cbtaccess.com
<http://www.cbtaccess.com>

Ronnie Cunningham PhD

(206) 335-8783,
4915 25th Ave NE, Suite 202 W
Seattle WA 98105
Ronec24@comcast.net
<http://www.cunninghampsy.com>

Elizabeth Dexter-Mazza, PsyD

(206) 779-1265
lizzmazza@msn.com

Clara Doctolero, PsyD

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

Lynn Elwood, MA, LMHC

(206) 856-5896
1812 East Madison #203
Seattle, WA 98122
<http://www.lynnelwood.net/>

Ruth Herman-Dunn, PhD

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

Elizabeth LoTempio, PsyD

liz@drelizabethlotempio.com
(206) 218-3277
3245 Fairview Ave E., Suite 303
Seattle, WA 98102
<http://www.drelizabethlotempio.com>

Jordan Lyon, PhD

(206) 291-4173
6869 Woodlawn Ave NE, Suite
Seattle, WA 98115
jlyonphd@gmail.com
<http://www.jordanlyonphd.com/>

Jenna Melman, MSW

Seattle Psychology
(206) 355-4714
1307 N. 45th St., Suite 200
Seattle, WA 98103
jennamelman@me.com

Erin Miga, PhD

(206) 595-1096
3245 Fairview Ave East, Suite 303
Seattle, WA 98102
<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
<http://www.cristinamullen.com/>

Rebecca Schneir, LMFT

(206) 685-1011
600 N. 36th St. #309
Seattle, WA 98103
rebecca@rebeccaschneir.com
<http://www.rebeccaschneir.com>

Ursula Whiteside, PhD

(206) 679-6349
2331 E. Madison Street
Seattle, WA 98112
ursulawhiteside@gmail.com
<http://www.nowmattersnow.org/>

DBT Resource List

Ashley Wright, MSW, LSWAIC
(404) 642-8341
108 S. Jackson Street #203
Seattle, WA 98104
ashleywrightmsw@gmail.com
<http://ashleywrightmsw.com/>

Megan O'Laughlin, LICSW & Tracy Kalloway, LMHC
Wise Mind Behavioral Therapy
(206) 802-9668
6505 218th St SW #14
Mountlake Terrace, WA 98043
wisemindtherapy@gmail.com
<http://www.wise-mind-therapy.com>

Andrew Fleming, PhD
The Seattle Clinic
(206) 588-6648
3245 Fairview Ave E
Seattle, WA 98102
info@theseattleclinic.com
<http://www.theseattleclinic.com/>

Snohomish County

Jennifer Gross, LMHC
(425) 359-3061
1910 120th Pl SE, Suite 103
Everett, WA, 98208
jennifergross@comcast.net
<http://www.jennifergrosslmhc.com>

SKILLS GROUPS

King County

Harborview DBT
Mental Health & Addiction Outpatient
Clinic, JoAnn Marsden
(206) 744-9600
401 Broadway, 1st floor
Seattle, WA 98104
<http://www.uwmedicine.org/locations/psychotherapy-harborview>

Maple Leaf DBT PLLC
Bob Goettle, MA, LMHC
(206) 372-8400
9221B Roosevelt Way NE
Seattle, WA 98115
bob@mapleleafdbt.com
<http://www.mapleleafdbt.com/>

The DBT Center
Evidenced Based Treatment Centers of
Seattle
(206) 374-0109
1200 5th Avenue, Suite 800
Seattle, WA 98101
ebtseattle.com/dbtcenter.html

Columbia City DBT
DBT Skills Groups
Cristina Mullen, LCSW
(206) 214-6009
connect@cristinamullen.hush.com
<http://www.columbiacitydbt.com/>

The Seattle Clinic
Andrew Fleming, PhD, Julia Hitch, PhD
Adult & Multi-Family Adolescent
(206) 588-6648
3245 Fairview Ave E
Seattle, WA 98102
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
<http://dbteastside.com/>

Ronnie Cunningham PhD
(206) 335-8783,
4915 25th Ave NE, Suite 202W
Seattle, WA 98105
Ronec24@comcast.net
www.cunninghampsy.com

Wise Mind Behavioral Therapy
Megan O'Laughlin, LICSW & Tracy
Kalloway, LMHC
(206) 802-9668
6505 218th St SW #14
Mountlake Terrace, WA 98043
wisemindtherapy@gmail.com
www.wise-mind-therapy.com

Ursula Whiteside, PhD
(206) 679-6349
1307 N. 45th St., Suite 200
Seattle, WA 98103
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/>

PARENT PROGRAMS

King County

Harborview DBT
Mental Health & Addiction Outpatient
Clinic, Dialectical Family Group
Treatment
JoAnn Marsden - (206) 744-9600
401 Broadway, 1st floor
Seattle, WA 98104
<http://www.uwmedicine.org/locations/psychotherapy-harborview>

DBT Resource List

The DBT Center

Evidenced Based Treatment Centers of
Seattle

(206) 374-0109

1200 5th Avenue, Suite 800

Seattle, WA 98101

ebtseattle.com/dbtcenter.html

Behavioral Research & Therapy Clinics

Dialectical Behavior Therapy Friends and
Family Group

(206) 543-2782

3935 University Way NE

Seattle, WA 98195-5915

depts.washington.edu/uwbrtc/

Sound DBT

(206) 365-4648

17713 15th Ave NE #204

Shoreline WA 98155

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

Megan O'Laughlin, LICSW & Tracy Kalloway, LMHC

Wise Mind Behavioral Therapy

(206) 802-9668

6505 218th St SW #14

Mountlake Terrace, WA 98043

wisemindtherapy@gmail.com

<http://www.wise-mind-therapy.com>

SELF-HELP

Ursula Whiteside, PhD

Now Matters Now

(206) 679-6359 or

Text "Matters" to 741741

ursulawhiteside@gmail.com

<http://www.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/

National Alliance for the Mentally Ill - Eastside

425-885-NAMI (6264)

16315 NE 87th Street, Suite B-3

Redmond, WA 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-TARABPD

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