



DBT RESOURCES

Dialectical Behavior Therapy (DBT) is a skills-based psychological treatment that combines elements of CBT and mindfulness. It is particularly effective for borderline personality disorder, but has also been used to treat PTSD, eating disorders and substance use. The ultimate goal of DBT is acceptance (that experiences and behaviors are valid) and change (making positive changes to manage emotions is necessary). The primary modules of DBT are mindfulness, interpersonal effectiveness, distress tolerance and emotional regulation. DBT is most effective when delivered in individual and group formats concurrently, but given the intensity of the treatment, few OHIP-covered programs are available and waitlists are lengthy.

Private

Toronto DBT Centre

28 Madison Avenue; Phone: 416-848-1739; www.dbtcentre.com

Individual and/or group DBT for adults and adolescents. Family support also available.

Cost: \$200-250/individual session; \$140/group session for 24 weeks. Waitlist: 8-12 wks. Self-refer

EBT3 (Evidence-based Therapy, Testing & Training)

2 Carleton Street, Suite 1803; Phone: 416-628-4336; www.ebt3.com/dbt

Individual and/or group DBT for adults and adolescents. Cost: Depends on clinician, but at least

\$200/individual session. Waitlist: for individual therapy, 6-8 months, shorter for group..Self-refer.

Broadview Psychology

20 Eglinton Ave W, Suite 1007; Phone: 416-570-5050; <https://www.broadviewpsychology.com/dbt.html>

Provide individual and/or group DBT for adults and adolescents. Cost: Depends on clinician, but at least \$200/individual session. Waitlist:1-2 months for individual therapy. Self-refer

Dialectical Living

351 Danforth Ave, 2nd Floor; Phone: 647-573-3287; www.dialecticalliving.ca

Provide 12-week DBT group programs for \$750, and also facilitate peer and family member drop-ins for \$10. Waitlist: minimal. Self-refer.

Individual Therapists

Many independent therapists are trained in DBT and provide DBT-informed therapy. Please note that not all therapists who have DBT training are DBT-certified. You can visit www.psychologytoday.com or www.greenspacehealth.ca to find a DBT-informed therapist in your area. Fees are dependent on the therapist and can range from \$80-250/session.

Disclaimer: This list is not exhaustive and inclusion does not imply specific endorsement.

OHIP-covered

Davenport-Perth Neighborhood and Community Health Centre Surfing Tsunamis DBT Group

1900 Davenport Road; 416-656-8025, ext. 239 or 231

Free 20-week DBT skills group offered once or twice a year. To be eligible, one must already be working with an individual therapist. Self-referrals welcome.

Canadian Mental Health Association (CMHA) Toronto

700 Lawrence Avenue West, Suite #480; Ph: 416-789-7957; <https://toronto.cmha.ca/>

Offer individual and group DBT. **Currently closed to new referrals.** Visit website for updates.

CAMH

Borderline Personality Disorder (BPD) Clinic

60 White Squirrel Way; Ph: 416-535-8501, ext. 32437; www.camh.ca

Intensive DBT program for individuals diagnosed with borderline personality disorder.

Currently closed to new referrals. Call for updates.

CAMH also offers DBT skills groups through other programs, but eligibility for these groups is determined after a general assessment. GP must refer for general assessment

Stella's Place

18 Camden Street; Ph: 416-461-2345; www.stellasplace.ca

Offer a group DBT skills program once or twice a year, for young adults (aged 16-29). Can self-refer. Wait list is currently over a year.

East Metro Youth Services

1200 Markham Road, Suite 200/ 1871 Danforth Ave; Ph: 416-438-3697, ext. 19055

Free 12-week DBT groups for youth ages 14-18. Usually offered twice a year. Self-refer.

Peer Support

Toronto Borderliners, with Love

<https://www.meetup.com/toronto-borderliners-with-love/>

A meet up group for individuals with BPD or BPD traits. Information online

Self-Help

McKay, M., Wood, J.C. & Brantley, J. (2019). *The Dialectical Skills Workbook Second Edition: Practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotional regulation.*

Oakland, CA: New Harbinger Publications, Inc.

Behavioral Tech - www.behavioraltech.com

This is the website Marsha Linehan, the psychologist who developed DBT. Site includes online training, videos and other materials.

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