



Dialectical Behavior Therapy (DBT) Community Resources

What is DBT?

Dialectical Behavior Therapy (DBT) is a cognitive-behavioral treatment that is used to help people who have a hard time managing their emotions, which leads to severe problem behaviors, such as suicide attempts and self-injury, such as cutting or burning.

What does DBT include?

It includes weekly individual therapy and group skills training sessions for both teenagers and parents. The skills training includes how to:

- Manage emotions (emotion regulation)
- Cope with distress (distress tolerance)
- Form positive relationships (interpersonal effectiveness)
- Improve one's mindfulness

What should we look for in a DBT program?

A comprehensive DBT program includes these 4 components:

- Individual therapy with a DBT therapist
- DBT skills group
- DBT consult team for the DBT providers
- Phone coaching

Insurance Coverage

DBT is a specialized and more intensive treatment. Providers listed below may or may not be covered by your insurance plan and may offer components of or a full DBT program. Call your insurance to understand your plan's mental health coverage.

DBT Community Resources

Andrew Fleming, PhD

Address: 3245 Fairview Ave E., Suite 210

Seattle, WA 98102

Phone: 206-651-4123

Email: drew@seattleclinic.org

Serving: Adolescents and their families, and adults

Insurance accepted: No, not contracted with insurance at this time

Annie McCall, LMHC

Address: 2303 West Commodore Way, Suite 206

Seattle, WA 98199

Phone: 206-251-4013

Website: anniemccalldbt.com

Serving: Adolescents and their families, and adults

Insurance accepted: No, not contracted with insurance at this time

Dialectical Behavior Therapy Community Resources

Behavioral Research and Therapy Clinics at UW

Address: University of Washington
3935 University Way N.E., Seattle, WA 98195
Phone: 206-543-2782
Website: depts.washington.edu/uwbrtc/
Serving: Adolescents and their families, and adults
Insurance accepted: No, offers on a sliding scale

Cadence Child and Adolescent Therapy

Address: 5210 Carillon Point
Kirkland, WA 98033
Phone: 425-658-3200
Website: cadencechat.com
Serving: Adolescents and adults
Insurance accepted: An out-of-network provider for all insurance

DBT Center of Seattle at EBTCS

Address: 1200 Fifth Avenue, Suite 800
Seattle, WA 98101
Phone: 206-374-0109
Website: ebtseattle.com/dbtcenter.html
Serving: Adolescents and their families, and adults
Insurance: No, not contracted with insurance at this time

Eastside Psychological

Address: 3 locations

- Issaquah: 1700 N.W. Gilman Blvd, 98027
- Snoqualmie: 8226 Bracken Pl SE, Suite 200, 98065
- Woodinville: 18500 156th Ave NE, Suite 202, 98072

Phone: 425-458-5048
Website: www.eastsidepsychologicalassociates.com
Email: info@eastsidepsychologicalassociates.com
Serving: Adolescents and their families, and adults
Insurance accepted: Many of the provider's accept Premera, Regence, and First Choice

Brooks Powers Group

Address: 1200 Westlake Ave N., Suite 810
Seattle, WA 98109
Phone: 206-801-1139
Website: www.brookspowers.com
Serving: Adolescents and their families
Insurance accepted: No

Cristina Mullen, LICSW

Address: 5000 42nd Ave South
Seattle, WA 98118
Phone: 206-214-6009
Serving: Young adults and their families
Insurance accepted: Premera, Regence, and VA fee services

DBT Eastside Therapy

Address: 1400 112th Ave, SE, Suite 202
Bellevue, WA 98004
Phone: 425-615-0605
Website: www.dbteastside.com
Email: info@dbteastside.com
Serving: Adolescents and their families, and adults
Insurance accepted: An out-of-network provider for all insurance

Harborview

Address: 401 Broadway, Seattle, WA 98104
Phone: 206-744-9600
Website: www.uwmedicine.org/locations/psychotherapy-harborview
Email: jmarsden@uw.edu
Serving: Adults
Insurance accepted: Medicare/Medicaid and many commercial insurance

Dialectical Behavior Therapy Community Resources

Jenna Melman, MSW, LICSW

Address: 6800 E. Greenlake Way N., Suite 255
Seattle, WA 98115
Phone: 206-472-1772
Email: jennamelman@me.com
Serving: Adolescents and their families, and adults
Insurance accepted: LifeWise, Premera

Jennifer Gross, MA, LMHC

Address: 1910 120th Pl SE, Suite 103
Everett, WA 98208
Phone: 425-359-3061
Website: www.jennifergrosslmhc.com
Email: jennifergross@comcast.net
Serving: Adolescents and their families, and adults
Insurance accepted: Premera, Lifewise, Regence, Aetna, United Behavioral Health and First Choice

Kerry Billingham, LHMC

Address: 3417 Evanston Ave. N., Suite 417
Seattle, WA 98103
Phone: 206-310-5922
Website: kerrybillingham.com/index.html
Email: kerrybillingham@gmail.com
Serving: Adolescents and their families, and adults
Insurance accepted: Optum and Group Health

Lizz Dexter-Mazza, PsyD

Address: 4915 25th Ave NE, Suite 202W
Seattle, WA 98105
Phone: 206-779-1265
Email: lizzmazza@msn.com
Serving: Adolescents, young adults, and adults
Insurance Accepted: No, out-of-network provider for all insurance

Lynn Elwood, LMHC

Address: 1812 E. Madison, Suite 203
Seattle 98122
Phone: 206-856-5896
Email: lynnelwood@gmail.com
Serving: Adults
Insurance accepted: Regence, United and Cigna and will bill insurance directly as an out-of-network provider. Unable to accept Apple Health Plans at this time.

Maple Leaf DBT, PLLC

Address: 229 Broadway E., Room 8
Seattle, WA 98102
Phone: 206-372-8400
Website: www.mapleleafdbt.com
Email: bob@mapleleafdbt.com
Serving: Adults (18 years and older)
Insurance accepted: No, not contracted with insurance at this time

Megan O'Laughlin, MSW - Wise Mind Behavioral Therapy

Address: 6505 218th St. SW, Suite 14
Mountlake Terrace, WA 98043
Phone: 206-883-4906
Website: www.wise-mind-therapy.com
Email: meganomsw@gmail.com
Serving: Teens, adults, and families
Insurance accepted: Blue Cross/Blue Shield, Premera, Regence, First Choice, LifeWise, Uniform and sliding scale options available

Olympia Center for DBT, LLC

Address: 924 7th Ave SE, Olympia, WA 98501
Phone: 360-338-0363
Website: www.olympiacenterfordbt.com
Email: olydbt@gmail.com
Serving: Adolescents and their families, and adults
Insurance accepted: Regence, Optum, United Health Care Military and Veterans, First Choice, Group Health HMO/PPO

Dialectical Behavior Therapy Community Resources

Rebecca Schneur, LMFT

Address: 600 N. 36th St., Suite 309
Seattle, WA 98103
Phone: 206-805-9119
Website: www.rebeccaschneur.com
Email: Rebecca@rebeccaschneur.com
Serving: Adolescents and their families, and adults
Insurance accepted: No, not contracted with insurance at this time

Russ Hanford, PhD

Address: 400 E Pine Street, Suite 220
Seattle, WA 98122
Phone: 206-409-9613
Website: www.russhanford.com
Email: drhanford@russhanford.com
Serving: Adolescents and their families, and young adults
Insurance accepted: Premera, Regence, Value Options, Aetna, Cigna, Magellan, First Choice, Blue Cross/Blue Shield

Sound DBT

Address: 17713 15th Avenue NE
Shoreline, WA 98155
Phone: 206-365-4648
Website: www.sound-dbt.com
Email: tracy@tracykalloway.com
Serving: Adolescents and their families
Insurance accepted: Premera, LifeWise, Group Health PPO, First Choice, United Behavioral Health

Ronnie Cunningham, PhD

Address: 4915 25th Ave NE, Suite 202W
Seattle, WA 98105
Phone: 206-335-8783
Website: www.cunninghampsy.ch.com
Email: ronec24@comcast.net
Serving: Adolescents and their families, and adults
Insurance accepted: No, not contracted with insurance at this time

Seattle Psychology

Address: 1307 N 45th St., Suite 200
Seattle, WA 98103
Phone: 206-420-4701
Website: www.seattlepsychology.com
Email: info@seattlepsychology.com
Serving: Children, adolescents, adults and couples
Insurance accepted: Most providers are covered by Premera, Regence, and First Choice

Tracy Kalloway, LMHC

Address: 2 locations

- Seattle: Wallingford Workspace Building
2319 N 45th St., Suite 110, 98103
- Lynnwood: Glennwood Building
5108 196th St. SW, Suite 315, 98036

Phone: 206-819-3529
Website: www.tracykalloway.com
Email: tracy@tracykalloway.com
Serving: Adolescents and their families, and adults
Insurance accepted: Premera, LifeWise, Group Health PPO, First Choice, United Behavioral Health

Inclusion on this list does not imply endorsement by Seattle Children's Hospital.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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