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

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

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

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 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

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

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

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: Adolescents and their families, and adults  
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.olympiacentерfordbt.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
Inclusion on this list does not imply endorsement by Seattle Children’s Hospital.