

What is Dialectical Behaviour Therapy?

Dialectical Behaviour Therapy (DBT) is an evidence-based approach that aims to help people achieve balance between acceptance and change and develop the skills to manage overwhelming emotions, harmful or impulsive behaviours, and interpersonal challenges. DBT involves both change-oriented concepts and skills from Cognitive Behavioural Therapy (CBT) as well as acceptance-oriented concepts and skills from mindfulness practices. DBT helps people accept that their experiences and responses are valid AND that they have to make positive changes to manage their emotions and improve their quality of life.

Who is DBT for?

DBT was initially developed by Dr. Marsha Linehan for people with borderline personality disorder (BPD); however, DBT is now shown to be effective for people with a range of mental health problems, including depression, anxiety, eating disorders, substance abuse, suicidal behaviour and self-harming behaviours. DBT Skills Groups can be effective for people who struggling with regulating their emotions and managing interpersonal difficulties.

What does DBT entail?

Comprehensive DBT is an intensive therapy that entails a structured combination of individual therapy, group-based skills training and phone coaching. In the community, you can find comprehensive DBT Programming as well as **DBT Skills Groups** that do not necessarily entail individual therapy and phone coaching. Please note that some services that offer DBT Skills Groups will require the person to have their own therapist in the community who agrees to support them during their group treatment.

The DBT Skills fall broadly into four categories:

Distress Tolerance

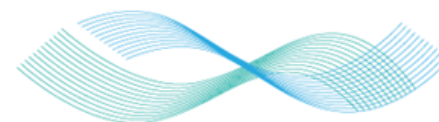
Emotion Regulation

Mindfulness

Interpersonal Effectiveness

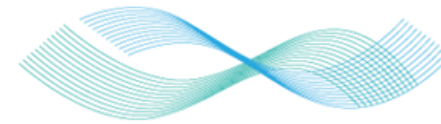
This resource shares DBT programs (both Comprehensive DBT and DBT Skills Groups) within Toronto.

This resource is updated regularly by the Mental Health Program
Most recent update: July 2021



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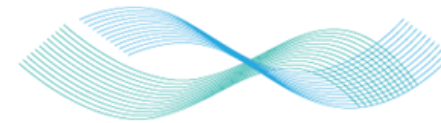
Service Name and Contact Information	Population Served/ Eligibility Criteria	Service Description	Referral Information
<p>Borderline Personality Disorder (BPD) Clinic <i>Centre for Addiction and Mental Health (CAMH)</i> Queen St Site- 60 White Squirrel Way, Toronto PH: 416-535-8501 ext. 32437 URL: https://www.camh.ca/en/your-care/programs-and-services/borderline-personality-disorder-clinic</p>	<ul style="list-style-type: none"> - Individuals between ages of 18-65 who meet criteria for BPD - Requires the individual has a therapist in the community who agrees to provide support for the duration of group involvement 	<ul style="list-style-type: none"> - Outpatient DBT skills group - 24 weeks to 12 months duration - Family Connections Program 	<ul style="list-style-type: none"> - Currently closed to referrals (Jul 2021) - Opening of wait list will be posted on website (see URL) - MD referral required on specific intake day
<p>Dialectical Behaviour Therapy Program <i>Canadian Mental Health Association (CMHA)</i> Multiple locations, service online at this time. PH: 416-789-7957 URL: https://toronto.cmha.ca/programs-services/dialectical-behaviour-therapy-dbt-program/</p>	<ul style="list-style-type: none"> - Individuals 18 years of age and older who have BPD diagnosis, are not involved in other talk therapies, are willing and able to participate in one-to-one virtual counselling and skills groups, AND/OR individual who have: <ul style="list-style-type: none"> - recent history of repeated suicide attempts (2+ in last year), AND/OR - active self-injurious behaviour, AND/OR - frequent mental health crisis resulting in ER visits 	<ul style="list-style-type: none"> - Outpatient Comprehensive DBT - One year duration - Weekly individual counselling & weekly skills groups 	<ul style="list-style-type: none"> - Currently closed to referrals (Jul 2021) - Website (see URL) will be updated when accepting referrals
<p>Surfing Tsunamis <i>Partnership of Davenport-Perth Neighbourhood CHC, The Four Villages CHC, Flemingdon Health Centre and Scarborough Academic FHT</i></p>	<ul style="list-style-type: none"> - Individuals who have BPD, BPD traits, or challenges with extreme emotion dysregulation and impulsive behaviours - Requires the individual has a therapist in the community who agrees to provide support for the duration of group involvement 	<ul style="list-style-type: none"> - DBT skills group - 20 weeks duration 	<ul style="list-style-type: none"> - Contact the CHC/FHTs in the partnership nearest to you (listed in left column)



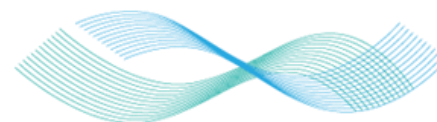
<p>Stella’s Place DBT Group Central Toronto</p> <p>URL: https://stellasplace.ca/programs/ Email: connect@stellasplace.ca Ph: 416-461-2345</p>	<p>- Adolescents & young adults ONLY - Individuals aged 16-29 who struggle with emotion regulation, impulsive behaviours, interpersonal problems, BPD traits</p>	<p>- DBT Skills Group to help learn how to identify and cope with emotions, manage difficult situations, and build communication skills with family and friends</p>	<p>- Intake Appointment required to register - Complete online request form for intake appointment (see URL) - Wait time for intake is 14 weeks and wait time for DBT Group is 10-12 months (Jul 2021)</p>
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PAY FOR SERVICE:

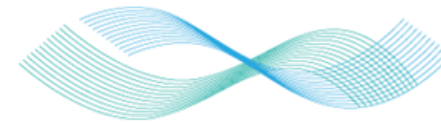
Service Name, Location and Contact Information	Population Served/ Eligibility Criteria	Service Description	Cost	Sliding Scale Y or N	Referral Information
<p>Midtown DBT Therapy Midtown, Central Toronto</p> <p>URL: https://midtowndbt.com/ Email: intake@midtowndbt.com PH: 647-786-2446</p>	<p>- Individuals with BPD or who struggle with emotion dysregulation, mood disorders, impulsive behaviours, and those who are motivated to engage in the program</p>	<p>- Affordable, virtual group-based DBT skills training - DBT Orientation Class - DBT Foundations Course (24-week program) consists of four modules (6 weeks long each) that cover the main DBT skills - DBT Advanced Skills Course is designed for individuals who completed Foundations course at Midtown DBT or completed another comprehensive DBT Program</p>	<p>- Each 75-minute session costs \$40, with 6 sessions per module and 4 modules</p>	<p>Low-cost rates</p>	<p>- Self-referral - Register by sending email through the Contact Form (https://midtowndbt.com/contact)</p>



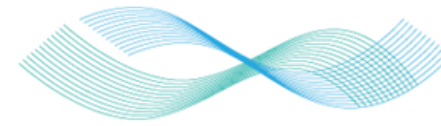
<p>Toronto DBT Centre The Annex, Central Toronto</p> <p>URL: http://www.dbtcentre.com/ Email: info@dbtcentre.com PH: 416-848-1739</p>	<p>- Adolescents and adults with BPD, suicidal thoughts, emotional dysregulation, impulsivity, eating disorders, self-harm, and/or difficulties in relationships</p>	<p>- Comprehensive full DBT programs for adolescents and adults including individual therapy, DBT skills group training, and phone skills coaching</p> <p>- Family support sessions and workshops</p>	<p>Individual Therapy - \$220 - \$260/session</p> <p>DBT Skills Group - \$150/session for 24 sessions</p> <p>Multi-Family DBT Skills Group - \$200/session for 20 sessions</p>	<p>N</p>	<p>- Self-referral</p> <p>- Waitlist for adolescent and adult DBT programs is currently closed (Jul 2021).</p> <p>- Website will be updated when waitlist is open.</p>
<p>Dialectical Living Multiple locations: Danforth/Chester & Danforth/Broadview, East Toronto</p> <p>URL: http://www.dialecticalliving.ca/dbt-courses-2/ Email:info@dialecticalliving.ca PH: 647-573-3287</p>	<p>- Individuals who have BPD, emotion regulation difficulties, mood disorders, and their families</p> <p>- Requires the individual has a therapist with this clinic or elsewhere who agrees to provide support for duration of group involvement (therapist, psychiatrist, or doctor that can see client regularly during duration of group treatment)</p>	<p>- Individual therapy, phone coaching, and DBT skills groups</p> <p>- DBT 100 Intro to DBT Skills (12 sessions) prerequisite for all other programs</p> <p>- DBT 200 Advanced DBT (12 sessions)</p> <p>- DBT for Families and Friends Group</p> <p>- Self-directed online courses</p>	<p>DBT 100 - \$999 - with COVID discount \$899</p> <p>DBT 100 & DBT 200 - With COVID discount \$1799</p> <p>Individual Therapy: \$180</p> <p>For Families - \$55 for session - With COVID discount \$40 for one and \$60 for two attendees</p>	<p>Y- limited spots</p> <p>Offering COVID discount at this time (Jul 2021)</p>	<p>- Self-refer by registering online (http://www.dialecticalliving.ca/programs-2-signup/)</p>



<p>Broadview Psychology Toronto (East) and Stouffville</p> <p>URL: http://broadviewpsychology.com/treatments/group-therapy/ Email: intake@broadviewpsychology.com PH: 647-348-5140</p>	<p>- Children (8-12), young adolescents (13-15), older adolescents (15-18), young adults (18-25) and for adults 25 and older who struggle with BPD, emotion dysregulation</p> <p>- Requires the individual has a therapist who agrees to provide support during group treatment AND requires client consent that the individual therapist and group therapists can communicate.</p>	<p>- Age specific DBT Skills Groups, Advanced DBT Skills Groups, and DBT Parent Skills Groups</p> <p>- 28-30 session commitment (6-8 months), clients join on ongoing basis (rolling intake)</p>	<p>Group Session</p> <p>- One time orientation fee of \$215-\$270 - \$100-\$110/session billed at end of each month</p> <p>One-time DBT Parent Orientation (\$100)</p> <p>Parent Group Sessions</p> <p>- \$110/session for 16-19 sessions</p> <p>- Individual Session for comprehensive DBT \$215-\$275/session</p>	<p>N</p>	<p>- Book online by clicking “Book Now” (see URL) to schedule a free Intake call</p> <p>- Intake process may take 1-2 months for group (Jul 2021)</p> <p>- 5-7 month wait for individual therapy (Jul 2021)</p>
<p>Toronto Psychology and Wellness Group North Toronto</p> <p>URL: https://tpwg.ca/dialectical-behavior-therapy-programming/ Email: intake@tpwg.ca PH: 647-344-5448</p>	<p>- Adolescents, young adults, and adults who struggle with emotional and behavioural dysregulation, BPD, self-harm, suicidality, mood disorders</p> <p>- Requires the individual has a therapist who agrees to provide support for the duration of group involvement <i>(except caregiver group)</i></p>	<p>- Individual DBT</p> <p>- DBT Skills Groups (6 months) for adolescents, young adults, and adults</p> <p>- Caregiver Support DBT Skills Group and Individual Caregiver DBT Therapy</p>	<p>Group Intake:\$225</p> <p>Weekly Group Session: \$90</p> <p>Caregiver Weekly Group Session: \$70</p> <p>Individual DBT Intake: \$225</p> <p>Individual DBT Session: \$215</p>	<p>Y</p> <p>Currently at capacity (Jun 2021)</p>	<p>- Book online by clicking “Schedule A Call” to book a free consultation call</p>



<p>LAYLA Care Central Toronto Online</p> <p>URL: https://www.layla.care/emotion-regulation-skills-training Email: contact@layla.care PH: 647-374-4210</p>	<p>- Individuals who struggle with managing intense emotions, getting through distressing situations, or maintaining relationships</p>	<p>- Online Emotion Regulation Skills Training Group program involving the four core DBT Skills - 12 week, 2-hour per week</p>	<p>Program cost: \$840 (24 hours total)</p>	<p>N</p>	<p>- Sign up online (see URL) - Registration open on rolling basis, wait list is available</p>
<p>West End Psychological Services West Toronto</p> <p>URL: https://westendpsych.com/group-therapy/ Email: info@westendpsych.ca PH: 416-535-9377</p>	<p>- Adults with BPD and/or difficulty regulating their emotions</p> <p>- Requires the individual has a therapist in community who agrees to provide support for the duration of group involvement</p>	<p>- DBT Group Skills Training covering the four core DBT skills (20 weeks, 4 modules of 5 weeks each)</p>	<p>Initial assessment - \$200</p> <p>20-week Program - \$2000 (broken down: \$500/module \$100/session)</p>		<p>- Minimal wait for group</p> <p>- If require individual therapist with clinic, wait is 3 months (Jul 2021).</p>



HELP FINDING AN INDIVIDUAL THERAPIST:

<p>Greenspace Health</p> <p>URL: https://www.greenspacehealth.com/en-ca/patients</p>	<p>Greenspace Health is a therapist matching service in Ontario. The process entails completing an online intake form followed by a phone intake appointment. The Greenspace intake team aims to understand your needs and match you with the most appropriate therapist. If you are seeking a DBT therapist specifically, you can indicate this during the intake process. When finding a therapist, it is common to arrange a few different free consults to help you find the therapist that feels like the best fit. If the first match through Greenspace is not the right fit for you- reconnect with intake and ask to arrange another consult with a different therapist.</p>
<p>Psychology Today</p> <p>URL: https://www.psychologytoday.com/ca/therapists/dialectical-dbt/ontario</p>	<p>Psychology Today is a verified resource to find therapists in your city. By visiting the website (see URL), the search can be narrowed/filtered based on therapy approach (i.e., Dialectical (DBT)), location, primary concern, language, price range, etc. <i>It is encouraged to arrange a few different free phone consults with various therapists to assess the “fit” and comfort with each therapist. This is also an opportunity to discuss your needs, their therapeutic approach, their experience with DBT if this is what you’re seeking, etc.</i></p>