

## What is Dialectical Behaviour Therapy?

Dialectical Behaviour Therapy (DBT) is an evidence-based approach that aims to help people 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 is shown to be effective for people with a range of mental health problems, including depression, anxiety, eating disorders, substance abuse, suicidal behaviour and non-suicidal self-harming behaviours. DBT Skills Groups can be effective for people 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. **DBT Skills Groups** 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**

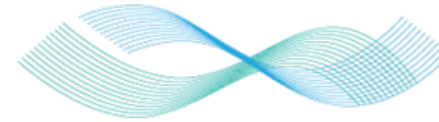
**Emotion Regulation**

**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: September 2022



## **PRIVATE/PAY FOR SERVICE DBT**

### **The DBT Clinic || <https://www.thedbtclinic.ca/>**

Comprehensive DBT programs for adults and adolescents consisting of individual therapy, DBT skills group and phone coaching. Family support sessions and workshops are available.

*Currently accepting new referrals and wait times are minimal (Sept 2022).*

**Cost:** Individual therapy range from \$220-260/50-minute session and clients see their therapist at least twice a month  
Group sessions are held weekly, are 2-hours long and cost \$150/session

**Location:** Virtual

**Contact:** Self-refer via email [info@thedbtclinic.ca](mailto:info@thedbtclinic.ca) or call 647-427-1725

### **Ontario DBT Centre || <https://www.dbtontario.ca/>**

Comprehensive DBT programs for adults (18+) consisting of individual therapy, DBT skills group and phone coaching. Family support sessions and workshops are available.

*Waitlist is currently open (Sept 2022).*

**Cost:** Individual therapy range from \$200-260/session  
Group sessions are \$150/session

**Location:** Virtual and in-person at downtown Toronto location

**Contact:** Self-refer via email [info@dbtontario.ca](mailto:info@dbtontario.ca) or call 416-628-4806

### **Midtown DBT || <https://midtowndbt.com/>**

Affordable and accessible virtual DBT Skills Groups with both adults and adolescents/parent programs.

Orientation Class -> Foundations Course -> Advanced Skills Course

The foundation course is 24 weeks long consisting of four modules with six sessions each.

**Cost:** \$40/session

**Location:** Virtual

**Contact:** [intake@midtowndbt.com](mailto:intake@midtowndbt.com) or call 647-598-0964

### **Dialectical Living || <http://www.dialecticalliving.ca/>**

Comprehensive DBT programming and support for family and friends.

DBT 100 (Intro to DBT Skills) is 12 sessions (2hrs long) and a prerequisite for all other programs. DBT 200 (Advanced DBT) is 12 sessions (2.5 hours long). Self-directed online courses are also available.

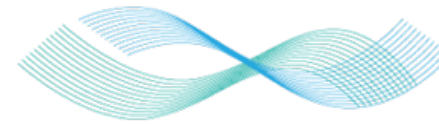
**Cost:** \$1,199 for 12 session (\$100/session) and \$2,699 for 24 sessions. There are two spaces per session at subsidized rate of half cost.

Family groups are \$40/session and pay as you go

FREE DBT aftercare group for those who have already completed DBT

**Location:** Danforth and Chester; all programs now offered online

**Contact:** Visit their website to register online, email [info@dialecticalliving.ca](mailto:info@dialecticalliving.ca) or call 647-573-3287



### **Broadview Psychology** || <http://broadviewpsychology.com/treatments/group-therapy/>

Age-specific DBT Skills Groups, Advanced Skills Groups and Parent Skills Groups with options for children, adolescents, older adolescents and young adults. Requires individual has a therapist in the community who will see them during duration of the group.

*Wait times variable, expect 1-3 months wait for DBT skills group (Sept 2022).*

**Cost:** DBT Skills Group is 28-34 sessions long and costs \$100-120/session (billed at the end of each month); there is an Orientation Session that costs \$215-270

Parent Group Sessions cost \$110

Comprehensive DBT can be 7-12 months or longer. Individual DBT sessions cost \$215-270 and group (28 sessions) cost is \$100-120/session

**Location:** Toronto East and Stouffville; in-person and virtual groups available (Sept 2022)

**Contact:** Visit their website, email [intake@broadviewpsychology.com](mailto:intake@broadviewpsychology.com) or call 647-248-5140 (Toronto Office)

### **Toronto Psychology and Wellness Group** || <https://tpwg.ca/dialectical-behavior-therapy-programming/>

Individual DBT, DBT Skills Groups for adolescents and young adults as well as caregiver supports. Requires individual has a therapist in the community.

*Very minimal wait times (Sept 2022)*

**Cost:** DBT group (or individual) intake costs \$225-235 and DBT weekly group session costs \$80

Individual DBT session costs \$215-225 and the caregiver DBT weekly session costs \$80

**Location:** Yonge and Eglinton

**Contact:** Visit their website, email [intake@tpwg.ca](mailto:intake@tpwg.ca) or call 647-344-5448

### **Layla Care** || <https://www.layla.care/dbt-skills-group>

12-week DBT Skills Group for adults over the age of 18 in Ontario.

**Cost:** \$75/session, program total cost \$900

**Location:** Virtual

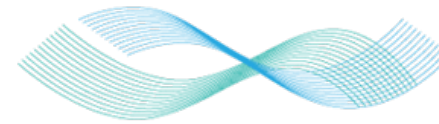
**Contact:** Visit their website, email [info@layla.care](mailto:info@layla.care) or call 647-374-4210

### **Greenspace Health** || <https://greenspacehealth.com/en-ca/solutions/matching-program/>

Individual therapist matching service (DBT available).

### **Shift Collab** || <https://www.shiftcollab.com/therapists>

Individual therapist matching service (DBT available).



## **FREE DBT**

Unfortunately, many of the free DBT programs have extensive wait times or are closed to referrals.

### **Sashbear Foundation Family Connections Program** || <https://sashbear.org/en/family-connections/family-connections-2>

12-week group for individuals of a loved one who has emotion dysregulation or related problems. The group provides education, skills training and support. This is a free of charge group.

**Location:** Online

**Contact:** Sign up online using the URL above or email [info@sashbear.org](mailto:info@sashbear.org)

### **Borderline Personality Disorder (BPD) Clinic, CAMH** || <https://www.camh.ca/en/your-care/programs-and-services/borderline-personality-disorder-clinic>

Outpatient, 24-week DBT Skills Group for individuals between the ages of 18-65 who meet criteria for BPD and their families. \*Requires the client has a therapist.

**Currently closed to referrals (Sept 2022)** Opening of waitlist will be posted on website. MD referral required on specific intake day.

**Location:** CAMH, 60 White Squirrel Way, Toronto

**Contact:** 416-535-8501 ext. 32437

### **DBT Program, CMHA** || <https://toronto.cmha.ca/programs-services/dialectical-behaviour-therapy-dbt-program/>

Outpatient, comprehensive 1-year DBT Program for individuals 18 years of age and older who have BPD diagnosis and/or individuals who have recent history of repeated suicide attempts, active self-injurious behaviour or frequent crises resulting in emergency department visits.

**Currently closed to referrals (Sept 2022)** Opening of waitlist will be posted on website.

**Location:** Currently offered virtually

**Contact:** 416-789-7957

### **Surfing Tsunamis Group** || Partnership of Davenport-Perth Neighbourhood CHC, The Four Villages CHC, Flemington Health Centre and Scarborough Academic FHT

20-week DBT Skills Group for individuals who have BPD, BPD traits or challenges with extreme emotion dysregulation and impulsive behaviours. \*Requires the client must have therapist in the community agreeable to providing support for duration of group involvement.

**Currently closed to referrals (Sept 2022)**

**Contact:** Contact the CHC/FHT in the partnership that is nearest to you by visiting their website

### **Stella's Place** || <https://stellasplace.ca/programs/>

DBT Skills Group and BIPOC DBT Skills Group for adolescents and young adults only aged 12-29.

**Wait time to begin programming is 1.5-3 years (Sept 2022)**

**Location:** Central Toronto

**Contact:** [connect@stellasplace.ca](mailto:connect@stellasplace.ca) or call 416-461-2345