

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

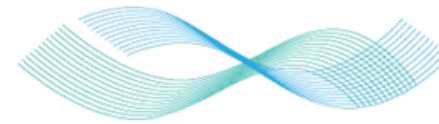
Emotion Regulation

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 2023



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 2023).

Cost: Individual therapy range from \$180-260/50-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

Multi-family adolescent DBT skills training group are \$200/session

Location: Virtual

Contact: Self-refer via email 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 2023).

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 or call 416-628-4806

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

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

Adult Classes: Orientation Class -> Foundations Course -> Advanced Skills Course

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

Adolescent and Family Program: This course is 24 week for adolescents and their families

LGBTQ+ Affirming DBT Group: This group focuses on supporting the needs of LGBTQ+ communities

Cost: Adult Classes: \$40/session

Adolescent and Family Program: \$80/session

LGBTQ+ Affirming DBT Group: \$40/session

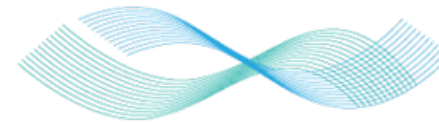
Location: Virtual

Contact: 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: Intro DBT Group is \$999.00 for 12 sessions. Advanced DBT Group is \$1100 for 12 sessions and \$2000 for 24 sessions. There are two spaces per session at subsidized rate of half cost.

Family groups are \$45/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@dialecticaliving.ca or call 647-573-3287

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

Age-specific DBT Skills Groups, Advanced Skills Groups, DBT-ACES Group 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 by location, age group, and type of professional being seen (Sept 2023)

Cost: Group costs variable by age group and type of professional seen, but generally \$100-\$120/session

Individual sessions range from \$225-\$285 depending on type of professional seen

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

Contact: Visit their website, email 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.

No wait times for individual or adolescent group therapy, adult group therapy 1 month wait time (Sept 2023)

Cost: DBT group (or individual) intake costs \$225-280 and DBT weekly group session costs \$100

Individual DBT session costs \$225-280 and the caregiver DBT weekly session costs \$100

Location: Yonge and Eglinton

Contact: Visit their website, email 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

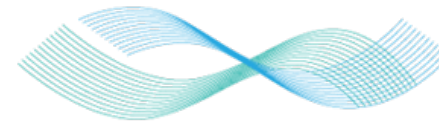
Contact: Visit their website, email info@layla.care or call 647-374-4210

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

Individual therapist matching service (DBT available). Rates variable.

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

Individual therapist matching service (DBT available). Rates variable.



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

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 2023) 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 2023) 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

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.

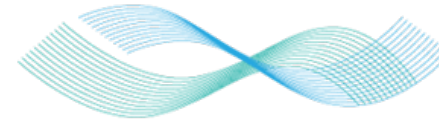
Davenport-Perth Neighbourhood CHC accepting referrals, estimated 1 year waitlist (Sept 2023)

Contact: Contact the Davenport-Perth Neighbourhood CHC to enroll

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

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

DIALECTICAL BEHAVIOUR THERAPY RESOURCES



Taddle Creek
Family Health Team

Wait time to begin programming is 1.5-3 years (Sept 2023)

Location: Central Toronto

Contact: connect@stellaspace.ca or call 416-461-2345

HQ Toronto || <https://hqtoronto.ca/mental-health-groups/>

Provide services to queer men, two spirit, transgender and non-binary populations. Offer a DBT Skills Group and a general DBT Group. Waitlists are approximately 3-6 months. You can request a referral from your physician, or self-register by visiting in person.

Location: 790 Bay Street 8th floor

Contact: 416-521-4445 However referrals to groups must be made by a family physician or self-referral by visiting their office