

## DBT Clinician Referral List

### FULL PROGRAMS

#### King County

##### **Harborview DBT**

*Mental Health & Addiction  
Outpatient Clinic*

JoAnn Marsden - (206) 744-9600  
401 Broadway, 1<sup>st</sup> floor  
Seattle, WA 98104  
[www.uwmedicine.org/locations/psychotherapy-harborview](http://www.uwmedicine.org/locations/psychotherapy-harborview)

##### **The DBT Center**

*Evidenced Based Treatment  
Centers of Seattle*

(206) 374-0109  
1200 5<sup>th</sup> Avenue, Suite 800  
Seattle, WA 98101  
[ebtseattle.com/dbtcenter.html](http://ebtseattle.com/dbtcenter.html)

##### **Behavioral Research & Therapy Clinics**

(206) 543-2782  
3935 University Way NE  
Seattle, WA 98195-5915  
<http://blogs.uw.edu/brtc/>

##### **Sound DBT**

(206) 365-4648  
17713 15th Ave NE #204  
Shoreline WA 98155  
<http://www.sound-dbt.com/>

##### **Cadence Child & Adolescent Therapy**

(425) 658-3200  
5210 Carillon Point  
Kirkland, WA 98033  
[Intake@CadenceChat.com](mailto:Intake@CadenceChat.com)  
<http://cadencechat.com/>

### INDIVIDUAL DBT THERAPISTS

#### King County

##### **Jacquelyn Ball, MD**

(202) 251-7192  
6869 Woodlawn Ave NE, Suite  
Seattle, WA 98115

##### **Penni Brinkerhoff, LMHC**

*Sound DBT*  
(206) 365-4648  
17713 15th Ave NE #204  
Shoreline WA 98155  
<http://www.sound-dbt.com/>

##### **Kristina Campbell, LMHC\***

(206) 817-9346  
2107 Elliott Ave, Ste 202  
Seattle, WA 98121  
*\*Non-suicidal clients only*

##### **Ronnie Cunningham PhD**

(206) 335-8783,  
4915 25th Ave NE, Suite 202W  
Seattle WA 98105  
[Ronec24@comcast.net](mailto:Ronec24@comcast.net)  
[www.cunninghampsy.com](http://www.cunninghampsy.com)

##### **Elizabeth Dexter-Mazza, PsyD**

(206) 779-1265  
[lizzmazza@msn.com](mailto:lizzmazza@msn.com)

##### **Clara Doctolero, PsyD**

(206) 253-3703  
509 Olive Way Suite 853  
Seattle, WA 98101  
<http://seattlepsychstudio.com/>

##### **Lynn Elwood, MA, LMHC**

(206) 856-5896  
1812 East Madison #203  
Seattle, WA 98122  
<http://www.lynnelwood.net/>

##### **Ruth Herman-Dunn, Ph.D.**

(206) 937-1186  
4850 California Avenue SW  
Seattle, WA 98116

##### **Jordan Lyon, Ph.D.**

(206) 291-4173  
6869 Woodlawn Ave NE, Suite  
Seattle, WA 98115  
[jlyonphd@gmail.com](mailto:jlyonphd@gmail.com)  
<http://www.jordanlyonphd.com/>

##### **Annie McCall MA, LMHC**

(206) 251-4013  
2303 W. Commodore Way, #206  
Seattle, WA 98199  
[annie@anniemccalldbt.com](mailto:annie@anniemccalldbt.com)  
<http://anniemccalldbt.com/>

##### **Jenna Melman, MSW**

*Seattle Psychology*  
(206) 355-4714  
1307 N. 45th St., Suite 200  
Seattle, WA 98103  
[jennamelman@me.com](mailto:jennamelman@me.com)

##### **Erin Miga, Ph.D.**

(206) 595-1096  
3245 Fairview Ave East, Suite  
303 Seattle, WA 98102  
<http://www.drerinmiga.com>

##### **Cristina Mullen, LCSW**

*Psychotherapy Coaching and  
Consulting Services LLC*  
(206) 214-6009  
5000 42nd Ave S  
Seattle, WA, 98118  
[connect@cristinamullen.hush.com](mailto:connect@cristinamullen.hush.com)  
<http://www.cristinamullen.com/>

##### **Rebecca Schneir, LMFT**

(206) 685-1011  
600 N. 36th St. #309  
Seattle, Wa. 98103  
[rebecca@rebeccaschneir.com](mailto:rebecca@rebeccaschneir.com)  
<http://www.rebeccaschneir.com>

##### **Ursula Whiteside, PhD**

(206) 679-6349  
2331 E. Madison Street  
Seattle, WA 98112  
[ursulawhiteside@gmail.com](mailto:ursulawhiteside@gmail.com)  
[NowMattersNow.org](http://NowMattersNow.org)

##### **Ashley Wright, MSW, LSWAIC**

(404) 642-8341  
108 S. Jackson Street #203  
Seattle, WA 98104  
[ashleywrightmsw@gmail.com](mailto:ashleywrightmsw@gmail.com)  
<http://ashleywrightmsw.com/>

##### **Megan O'Laughlin, LICSW & Tracy Kalloway, LMHC**

*Wise Mind Behavioral Therapy*  
(206) 802-9668  
6505 218th St SW #14  
Mountlake Terrace, WA 98043  
[wisemindtherapy@gmail.com](mailto:wisemindtherapy@gmail.com)  
[www.wise-mind-therapy.com](http://www.wise-mind-therapy.com)

**Andrew Fleming, PhD**

*The Seattle Clinic*

(206) 588-6648

3245 Fairview Ave E

Seattle, WA 98102

[info@theseattleclinic.com](mailto:info@theseattleclinic.com)

<http://www.theseattleclinic.com>

**Snohomish County**

**Jennifer Gross, LMHC**

(425) 359-3061

1910 120th Pl SE, Suite 103,

Everett, WA, 98208

[jennifergross@comcast.net](mailto:jennifergross@comcast.net)

[www.jennifergrosslmhc.com](http://www.jennifergrosslmhc.com)

**SKILLS GROUPS**

**King County**

**Harborview DBT**

*Mental Health & Addiction*

*Outpatient Clinic*

JoAnn Marsden - (206) 744-9600

401 Broadway, 1<sup>st</sup> floor

Seattle, WA 98104

[www.uwmedicine.org/locations/psychotherapy-harborview](http://www.uwmedicine.org/locations/psychotherapy-harborview)

**Bob Goettle, MA, LMHC & Noelle**

**Mestres, LICSW**

*Maple Leaf DBT PLLC*

(206) 372-8400 or (425) 771-7036

229 Broadway East, Rm 8

Seattle, WA 98102

[bob@mapleleafdbt.com](mailto:bob@mapleleafdbt.com)

<http://www.mapleleafdbt.com/>

**The DBT Center**

*Evidenced Based Treatment*

*Centers of Seattle*

(206) 374-0109

1200 5<sup>th</sup> Avenue, Suite 800

Seattle, WA 98101

[ebtseattle.com/dbtcenter.html](http://ebtseattle.com/dbtcenter.html)

**Columbia City DBT**

*DBT Skills Groups*

Cristina Mullen, LCSW

(206) 214-6009

[connect@cristinamullen.hush.com](mailto:connect@cristinamullen.hush.com)

<http://www.columbiacitydbt.com/>

**Andrew Fleming, PhD & Julia**

**Hitch, PhD**

*The Seattle Clinic*

*Adult & Multi-Family Adolescent*

(206) 588-6648

3245 Fairview Ave E

Seattle, WA 98102

[info@theseattleclinic.com](mailto:info@theseattleclinic.com)

<http://www.theseattleclinic.com>

**Sound DBT**

(206) 365-4648

17713 15th Ave NE #204

Shoreline WA 98155

<http://www.sound-dbt.com/>

**DBT Eastside**

(425) 615-0605

1400 112th Ave SE Suite 202

Bellevue, WA, 98004

[info@dbteastside.com](mailto:info@dbteastside.com)

<http://dbteastside.com/>

**Annie McCall MA, LMHC**

*Multi-Family DBT skills group*

(206) 251-4013

2303 W. Commodore Way, #206

Seattle, WA 98199

[annie@anniemccalldbt.com](mailto:annie@anniemccalldbt.com)

<http://anniemccalldbt.com/>

**Ronnie Cunningham PhD**

(206) 335-8783,

4915 25th Ave NE, Suite 202W

Seattle WA 98105

[Ronec24@comcast.net](mailto:Ronec24@comcast.net)

[www.cunninghampsy.com](http://www.cunninghampsy.com)

**Megan O'Laughlin, LICSW & Tracy**

**Kalloway, LMHC**

*Wise Mind Behavioral Therapy*

(206) 802-9668

6505 218th St SW #14

Mountlake Terrace, WA 98043

[wisemindtherapy@gmail.com](mailto:wisemindtherapy@gmail.com)

[www.wise-mind-therapy.com](http://www.wise-mind-therapy.com)

**Ursula Whiteside, PhD**

*Seattle Psychology*

(206) 679-6349

1307 N. 45th St., Suite 200

Seattle, WA 98103

[ursulawhiteside@gmail.com](mailto:ursulawhiteside@gmail.com)

[NowMattersNow.org](http://NowMattersNow.org)

**Jacquelyn Ball, MD**

(202) 251-7192

6869 Woodlawn Ave NE, Suite

Seattle, WA 98115

**Snohomish County**

**Compass Mental Health**

*DBT Skills Group*

(425) 835-5850

4807 196th SW Suite 100

Lynnwood WA 98036-6409

<http://www.compasshealth.org/>

**PARENT PROGRAMS**

**King County**

**Harborview DBT**

*Mental Health & Addiction*

*Outpatient Clinic - Dialectical*

*Family Group Treatment*

JoAnn Marsden

(206) 744-9600

401 Broadway, 1<sup>st</sup> floor

Seattle, WA 98104

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*Centers of Seattle*

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1200 5<sup>th</sup> Avenue, Suite 800

Seattle, WA 98101

[ebtseattle.com/dbtcenter.html](http://ebtseattle.com/dbtcenter.html)

**Behavioral Research &**

**Therapy Clinics**

*Dialectical Behavior Therapy*

*Friends and Family Group*

(206) 543-2782

3935 University Way NE

Seattle, WA 98195-5915

<http://blogs.uw.edu/btrc/>

**Sound DBT**

(206) 365-4648

17713 15th Ave NE #204

Shoreline WA 98155

<http://www.sound-dbt.com/>

**Megan O'Laughlin, LICSW & Tracy Kalloway, LMHC**

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(206) 802-9668  
6505 218th St SW #14  
Mountlake Terrace, WA 98043  
[wisemindtherapy@gmail.com](mailto:wisemindtherapy@gmail.com)  
[www.wise-mind-therapy.com](http://www.wise-mind-therapy.com)

**Treatment and Research  
Advancements National  
Association for Borderline  
Personality Disorder (TARA)**

Office: (212) 966-6514  
Helpline: 1-888-4-TARAAPD  
<http://www.tara4bpd.org/>

<b>SELF-HELP</b>
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**Ursula Whiteside, PhD**

Now Matters Now  
(206) 679-6359 or  
Text "Matters" to 741741  
[ursulawhiteside@gmail.com](mailto:ursulawhiteside@gmail.com)  
[NowMattersNow.org](http://NowMattersNow.org)

<b>ADVOCACY/FAMILY ORGANIZATIONS</b>
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**National Education Alliance for  
BPD (NEA BPD)**

Family Connections Program  
(914) 835-9011  
<http://www.borderlinepersonalitydisorder.com/>

**National Alliance for the  
Mentally Ill of Greater Seattle**

1-800-782-9264  
<http://www.nami-greaterseattle.org/>

**National Alliance for the Mentally  
Ill of Snohomish County**

(425) 339-3620 or  
(425) 417-2109  
[www.namisnohomishcounty.org](http://www.namisnohomishcounty.org)

**National Alliance for the Mentally  
Ill – Eastside**

425-885-NAMI (6264)  
16315 NE 87th Street, Suite B-3  
Redmond, Washington 98052  
[info@nami-eastside.org](mailto:info@nami-eastside.org)  
<http://www.nami-eastside.org/>