

Karyn Hall, Ph.D.

Consultant & Trainer with the Treatment Implementation Collaborative, LLC

Dr. Hall is the Director and founder of the DBT Center in Houston, Texas. She has been the director for over 20 years. Currently the Center has over 17 therapists and offers both standard outpatient dialectical behavior therapy and intensive outpatient programs for adults and teens. The Center provides services for children, adolescents and adults. Family skills groups and couples therapy are also available. The Center treats clients from across the United States as well as from other countries.

Dr. Hall is the creator and director of an internship program for pre-doctoral and masters' level students. She provides supervision to individuals who wish to learn DBT. She is also the creator of an online skills program (www.DBTSkillsCoaching.com).

Dr. Hall is a member of the Board of Directors of the National Education Alliance for Borderline Personality Disorder (BPD). As part of her work with NEA BPD she focuses on early intervention and identification of BPD and in creating a video educational series called Dealing With Emotions for use by peer counselors. She is on the Advisory Board for NAMI Houston and the founder of Healing Hearts of Families, an annual conference held in Houston since 2012. The conference is primarily for family members of those with emotion dysregulation disorder.

Dr. Hall blogs for Psychology Today and PsychCentral and is the author of Mindfulness Exercises for DBT Therapists, SAVVY, and The Emotionally Sensitive Person. She is the co-author of The Power of Validation. In her practice she specializes in treatment resistant depression, borderline personality disorder, and trauma. She is certified as a prolonged exposure therapist and is trained in Solution Focused Therapy and Eye Movement Desensitization and Reprocessing.

Dr. Hall is currently working with the University of Washington on a research study on the use of virtual reality in the treatment of trauma. She is also working with Dr. Carla Sharp at the University of Houston on a study comparing emotionally sensitive people with emotionally sensitive people who are diagnosed with borderline personality disorder.

Dr. Hall is a Certified DBT Clinician by the DBT-Linehan Board of Certification (May 2016).