Welcome to DBT Eastside!

Therapy at DBT Eastside is designed for individuals struggling with:

- Long-standing interpersonal difficulties
- Self-harming or suicidal thoughts / behaviors
- Difficulty managing emotions
- Shame and self-directed anger
- Helplessness and hopelessness
- Substance Abuse / Chemical Dependency

Developed in the 1990’s by Marsha Linehan Ph.D. and her colleagues at the University of Washington, DBT or Dialectical Behavior Therapy, is an evidenced based therapy originally developed to treat suicidal adults with Borderline Personality Disorder. Later it was expanded to successfully treat teens and adolescents with similar self-harm behaviors as well as other co-occurring psychiatric illness such as Depression, Bipolar Disorder, Anxiety and PTSD. DBT has proven successful in treating out-of-control behavior problems such as; impulsivity, suicidal ideation and attempts, self-injurious behavior, eating disorders and substance abuse / addiction. In research, DBT has been shown to reduce the number of suicide attempts, number and length of stay at psychiatric hospitalizations and to improve clients’ overall quality of life.

DBT considers the client’s primary problem to be a combination of emotional vulnerability and an inability to regulate emotional responses. Ongoing “emotional dysregulation” negatively impacts the client’s ability: to function in personal relationships, to develop coping skills, to think clearly in highly stressful situations and to hold on to a sense of self. Problem behaviors such as substance abuse and deliberate self-harm are often found among teens with intense, extremely painful emotions that are difficult to regulate. These behaviors are thought of as providing as escape but in reality they interfere with distress tolerance, emotional regulation, interpersonal effectiveness, perception, wise thinking and skillful problem solving. The focus or main dialectic, in DBT treatment is on “radical” acceptance of oneself as is, while at the same time learning behavioral skills specifically designed to help overcome emotional vulnerability and to build a life worth living.

“Gold Standard DBT” at DBT Eastside for our highest-need clients consists of:

- Weekly DBT therapy sessions with a DBT trained therapist at DBT Eastside
- Attending weekly DBT skills group a minimum of 24 weeks
- Coaching calls by your DBT Eastside Therapist in time of crisis
- All counselors/therapist at DBT Eastside meet weekly in consultation to ensure the highest level of care.