

A Guide to Finding Dialectical Behaviour Therapy



Talking to your health care provider about your mental health concerns is an important step towards feeling better. They can support you, provide help and guide your progress.

Read this handout if your next step is to learn about Dialectical Behaviour Therapy and find a therapist. If you have questions or need support, please speak to your health care provider.

What is Dialectical Behaviour Therapy (DBT)?

Dialectical Behaviour Therapy or “DBT” is a type of therapy that helps you learn new skills to better respond to your emotions, tolerate distress, be mindful of the present and have effective relationships with others.

‘Dialectic’ means balancing opposites (like acceptance and change) and seeing how they go together.

Generally, people who do DBT will attend 20 or more sessions.

DBT benefits people with Borderline Personality Disorder, addiction, depression, Post Traumatic Stress Disorder (PTSD) and eating disorders.



Where can I find Dialectical Behavioural Therapy?



- This list of therapy services is for information only.
- It is not a complete list of services in the Toronto area.
- We do not endorse any particular therapist or service.

OHIP covered therapy

OHIP pays for therapy with a medical doctor. These services usually have waiting lists. You do not need a referral from your doctor.

CAMH Borderline Personality Disorder Clinic (for adults ages 18 to 65)	Website: www.camh.ca 60 Queen Street West Phone: 416 535 8501 ext. 32437 For people with Borderline Personality Disorder who do not have a chronic psychotic or cognitive disorder. Individual and group therapy.
Canadian Mental Health Association (for adults 18 and older)	Website: https://cmha.ca 700 Lawrence Avenue West, Suite 480 Phone: 416 789 7957 ask for intake worker Intensive program for people with BPD and recent history of suicide attempts, or self-injury behaviour, or psychiatric crises with hospital emergency department visits.
Davenport Perth Community Health Centre	Website: http://dpnchc.com 1900 Davenport Road Phone: 416 656 8025 ext. 239 or ext. 231 Group therapy. You must already have a therapist and struggle with emotional dysregulation to qualify for this program.
Fairview Community Health	Website: www.fhc-chc.com Phone: 416 640 5298 ext. 206 5 Fairview Mall Drive, Suite 359 (Sheppard Ave East and Don Mills Road) Group therapy for people with emotion regulation problems who have a therapist. Involves homework and practicing new skills in between sessions.

<p>Stella's Place (for young adults only, ages 16-29)</p>	<p>Website: https://stellasplace.ca 18 Camden Street, (Spadina & Richmond) Phone: 416 461 2345 Call for more information about drop-in therapy.</p>
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Fee-For-Service

You pay the fees for therapists in private practice. They do not usually have waiting lists.

<p>Broadview Psychology (for young adults and adults)</p>	<p>Website: www.broadviewpsychology.com 889 Broadview Avenue (Broadview and Danforth) Phone: 647 348 5140 Individual and group therapy, phone coaching and family education.</p>
<p>Dialectical Living</p>	<p>Website: www.dialecticalliving.ca 1573 Danforth Avenue, 2nd Floor Phone: 647 573 3287 Individual and group therapy for people with BPD and their families.</p>
<p>Layla Care</p>	<p>Website: www.layla.care Phone: 647 374 4210 Virtual DBT skills groups for adults 18 and older whose emotions and thoughts interfere with their overall quality of life. Individual DBT therapy available as well</p>
<p>Toronto DBT Centre (for adults and adolescents)</p>	<p>Website: www.dbtcentre.com/our-services/fees 28 Madison Avenue, Main Floor Phone: 647 848 1739 Individual and group (family) therapy.</p>
<p>Toronto Psychology & Wellness Group</p>	<p>Website: www.tpwg.ca 3080 Yonge St, Suite 5090 Phone: 647-344-5448 Individual and group DBT treatment for adolescents, adults and caregivers/partners.</p>

West End Psychological Services	Website: https://westendpsych.com 508-27 Roncesvalles Avenue (Roncesvalles & Queen) Phone: 647 239 6939 Individual therapy and skills training by psychologist with DBT training.
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To find other DBT in your area you can search online directories such as:

<p>Green Space www.grnspace.com</p> <ul style="list-style-type: none"> ✓ Get matched with a therapist who uses Greenspace technology to track your progress and update your care providers. <p>Psychology Today www.psychologytoday.com</p> <ul style="list-style-type: none"> ✓ Search for therapists that match your location, mental health issue, type of therapy, payment method, gender and more. <p>Ontario Psychotherapy and Counseling Program and Referral Network https://referrals.psychotherapyandcounseling.ca</p> <ul style="list-style-type: none"> ✓ Submit an online request for a referral to an experienced psychotherapist. Lower cost options are available.
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Important: This is not a full list of agencies and organizations. The University Health Network does not recommend one organization over another and is not responsible for the care and services provided. Some information may change. Please contact agencies or organizations directly to make sure the information is correct or to find out more about their services.



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