

Dialectical Behavior Therapy (DBT) Resource Guide

Dialectical Behavior Therapy is an evidence-based, structured therapeutic approach that teaches people practical skills to regulate emotions, manage distress, and improve interpersonal relationships. It focuses on four core modules:

1. **Mindfulness** – Enhances a person’s capacity to stay present and observe their thoughts and emotions without judgement.
2. **Distress Tolerance** – Builds resilience (learning from challenging experiences to strengthen capacity to handle future stress) and the ability to tolerate emotional discomfort without using avoidant or impulsive behaviors.
3. **Emotion Regulation** – Equips people with tools to recognize, understand, and manage intense emotional responses in way that supports their goals, relationships, and overall wellbeing.
4. **Interpersonal Effectiveness** – Provides skills for communicating clearly, setting healthy boundaries, and keeping good relationships while staying true to oneself.

Originally developed for individuals with borderline personality disorder, DBT has since demonstrated efficacy across a range of conditions, including depression, eating disorders, bipolar disorder, PTSD, and substance use disorders. It is especially effective for individuals with chronic emotion dysregulation, self-harming behaviors, or difficulties with impulse control. Clinicians using DBT can expect to integrate individual therapy, skills-training groups, and coaching components, offering clients a comprehensive and skills-based path to psychological resilience and behavioral stability.

Web-based DBT Resources for Clients

[DBT : Dialectical Behavior Therapy - Skills, Worksheets, & Videos](#)

[Borderline Personality Disorder Society of BC](#)

<https://dbtselfhelp.com/>

[How Do I Find DBT Therapy? | BetterHelp](#)

[Find Dialectical Behavior \(DBT\) Group Therapy and Support Groups in Vancouver, BC- Psychology Today](#)

DBT and DBT-informed services within Vancouver

Publicly Provided

Service Name	Cost	Details
Vancouver Coastal Health – Mental Health & Substance Use Services (North Shore)		<ul style="list-style-type: none"> Individual & group DBT-informed support for moderate to severe mental health needs.

Hope Centre, Lions Gate Hospital		<ul style="list-style-type: none"> Requires a referral through a GP or intake clinician. Call the North Shore Intake at 604-984-5000
Foundry Vancouver - Granville (for youth ages 12–24) Website:	Free	<ul style="list-style-type: none"> Offers DBT-informed skills and mental health support. Free drop-in and scheduled services for youth and families.
Foundry North Shore (for youth ages 12–24) Website:	Free	<ul style="list-style-type: none"> Offers DBT-informed skills and mental health support. Free drop-in and scheduled services for youth and families.
Private Clinic & Contact Information	Cost	Details
Mood Disorders Association of BC (MDA) DBT Skills Training via ZOOM (Group)		<ul style="list-style-type: none"> Referral by family doctor (form on website) Will receive a psychiatry consult prior to acceptance DBT group runs once a week (for 2 hours, for 24 weeks)
DBT Centre of Vancouver 1040-1200 Burrard Street, Vancouver BC V6Z 2C7 Tel: 604-569-1156 Email: info@dbt.com	Phone for details; not covered by MSP/Disability /Government services	<ul style="list-style-type: none"> Private centre (fee for service) - NOT COVERED BY MSP/ DISABILITY/ GOVT SERVICES - Accepts extended program disability Comprehensive DBT, individual therapy, group skills program, phone coaching, and consultation Intake assessment, treatment recommendations
Peak Resilience Counselling 601-808 Nelson Street Monday-Sunday Tel: 604-682-7325	Phone for details	<ul style="list-style-type: none"> Individual, relationship & group counselling Offer multiple approaches to therapy, some noted: CBT, DBT, EMDR, solution focused, motivational, Queer & feminist, Cultural safety, etc. Offer Student Rates for Post-Secondary students Provider for Crime Victim Assistance Program & ICBC Low rates offered by Practicum students who hold a Bachelor's degree & are completing their master's degree in counselling psychology, clinical psychology or social work.
Vancouver Psychotherapy Centre	\$100+	<ul style="list-style-type: none"> Private pay counselling, CBT, EFT, and DBT

<p>M6-601 West Broadway, Vancouver BC V5Z 4C2 Tel: 604-558-2115 E-mail: info@vanpsych.com preferred contact method: Contact Form on vanpsych.org</p>		<ul style="list-style-type: none"> • Physician referral required (found on webpage). Please go to site for referral form. • Individual & group therapy • Offered by Psychologists or clinical psychology doctoral students.
<p>Borderline Personality Disorder Society of BC Email: info@bpdbc.ca</p>	Free	<ul style="list-style-type: none"> • In-Person Peer Support Groups Drop-in format, no referral necessary, no cost. Every Thursday evening 6:00 to 7:45 pm 293 East 11th Avenue • They also offer virtual peer support groups. Visit the website for more details. • DBT Multi-skills groups are offered for a \$30 fee/session. See website for details. bpdbc.ca
<p>Enrolled UBC Vancouver students only: Balancing Emotions Program Both Brock Hall and the Counselling Services Annex (1930 East Mall) clinics are open. Speak to a professional in-person regarding accessing the group or phone: 604 822 3811 to speak with a UBC wellness advisor to see if this group is appropriate for you.</p>	Free	<ul style="list-style-type: none"> • 10 week program. • Structured as an interactive class, the program consists of two parts: an online group and regular individual check-ins with your health professional. The online group is based on Dialectical Behavioural Therapy (DBT), which was developed to offer concrete strategies to help people build a better life. • Registration details: Clients can self refer by connecting with a UBC health professional, such as a counsellor, physician, mental health nurse, or a Wellness Advisor at Counselling Services. • AAC clinicians can refer clients via referral form
<p>Family Services of the North Shore 1111 Lonsdale Avenue #203, North Vancouver.</p>	Sliding scale available for clients	<ul style="list-style-type: none"> • Occasionally offers DBT-informed parenting programs and youth counselling.
<p>Wise Mind Vancouver</p>		<ul style="list-style-type: none"> • Offers comprehensive DBT programs, including skills groups, phone coaching, and individual therapy.

North Shore Stress & Anxiety Clinic		<ul style="list-style-type: none"> Offers DBT-informed individual therapy and anxiety-focused programs.
Alongside You (Ladner & North Vancouver)		<ul style="list-style-type: none"> Offers DBT-informed therapy including individual and skills groups.
Koru Psychology (North Vancouver) 504-1755 West Broadway, Vancouver, BC		<ul style="list-style-type: none"> Offers DBT skills groups for teens and adults, as well as individual DBT-informed therapy. https://www.korucounsellingvancouver.com/contact
Online Resources		
EmotionallySensitive.com Online DBT Courses	\$222/month	<ul style="list-style-type: none"> Rolling intake dates Courses are online, one day a week at a set time, length of program 9 months
Moving Forward Family Services Society Website: https://movingforward.help/	\$200 for 8 sessions	<ul style="list-style-type: none"> offers online DBT Skills Group \$200 for 8 sessions Individuals can register by emailing hello@movingforward.help, or text/call 778-321-3054.
DBT COACH APP	Free	<ul style="list-style-type: none"> Includes diary, mindfulness tools, gratitude, reflection and journal DBT basics and lessons, skills tracking
DBT Self Help	Free	<ul style="list-style-type: none"> Great starting point for learning skills:
PsychWire DBT Skills Courses by Dr. Marsha Linehan	Online (cost ranges)	<ul style="list-style-type: none"> Self-paced, not therapy A psychoeducational course for learning DBT skills online.
Online DBT Skills Group – DBT Path	Online (cost ranges from \$167 - \$222 per month)	<ul style="list-style-type: none"> Weekly online DBT skills group led by a licensed therapist. 9 months
Therapist Aid	Online (Free)	<ul style="list-style-type: none"> Emotion Regulation Skills Worksheets
DBT for Self-Harming and Suicidal Autistic People Website on study details: https://sfufas.ca1.qualtrics.com/jfe/form/SV_5grvIaWk8PrHCzs	Free	<ul style="list-style-type: none"> Research study to evaluate a telehealth delivered DBT skills training for people with autism. Virtual