



SCAN TO VIEW THIS DOCUMENT ONLINE



# DBT Resources



## DBT Group and Individual Therapy Services

### Tampa Bay Center for Relational Psychology

- Individual therapy & DBT group
- 20747 Sterlington Drive, Land O Lakes, FL 34638
- (813)-803-6485
- <https://tbcrp.com/group-therapy/>
- Tuesdays 4:30-6pm
- **Cost:** \$60-\$70/session

### Trinity Counseling Services

- Individual, couples, and family counseling with DBT approaches
- 1934 Duck Slough Blvd Trinity, FL 34655
- (727) 238-7982
- <https://trinitycounselingservices.com/specialities.html>
- **Cost:** Accepts most insurance, out of pocket: \$80/session

### Bethany Harris, PhD, PSYPACT

- Individual and group facilitated DBT
- Haven Psychology, 28210 Paseo Drive #190, Wesley Chapel, FL 33543
- (813) 430-2101
- **Contact form:** <https://www.haven-psychology.com/contact>
- <https://www.haven-psychology.com/>
- **Cost:** Does not currently take insurance, \$170/session for individual DBT, \$85/session for skills group

### Patti Collard, LCSW

- Individual therapy with DBT approaches
- Magnolia Counseling Services, 2406 Cypress Glen Dr, Suite 101, Wesley Chapel, FL 33544
- (727) 261-1284
- [pcollard@magnoliacounselingfl.com](mailto:pcollard@magnoliacounselingfl.com)
- **Cost:** Accepts most major insurance and self-pay; \$120/session out of pocket

### Kristina Schwirian

- Individual therapy online or in person with DBT approaches
- Based in New Port Richey, FL 34652 (virtual group)
- (727) 382-4692
- [https://headway.co/providers/kristina-schwirian?utm\\_source=pem&utm\\_medium=direct\\_link&utm\\_campaign=67287](https://headway.co/providers/kristina-schwirian?utm_source=pem&utm_medium=direct_link&utm_campaign=67287)
- **Cost:** \$40/group session. Accepts insurance

### Jones Mindful Living

- Online DBT skills program. Includes weekly classes, video library, and support forum)
- <https://www.jonesmindfulliving.com/>
- **Cost:** \$19/month

### Tampa Bay DBT Counseling Center

- Full model DBT; individual and group sessions
- 12610 RaceTrack Rd, Tampa, FL 33626
- (443) 621-0976
- [kturnertampabaydbt@gmail.com](mailto:kturnertampabaydbt@gmail.com)
- <https://tbdbt.com/dialectical-behavioral-therapy-dbt/>
- **Cost:** Do not accept insurance

### Radically Open Tampa

- Online DBT group
- 2111 W Swann Ave, Suite 204, Tampa, FL 33606
- (813) 602-2312
- <http://www.radicallyopentampa.com/welcome/education-and-credentials/>
- **Cost:** \$50-75/group session

### University of South Florida Psychological Services Center

- Full model DBT; individual and group sessions
- 3711 USF Citrus Drive, Psychological Services Center, PCD1100, Tampa, FL 33620
- (813) 974-2496
- <https://www.usf.edu/arts-sciences/departments/psychology/psychological-services-center/services/specialty-programs.aspx>
- **Cost:** Sliding scale (lowest fee is \$15/session)

### TBC for CBT

- DBT Adult Skills Group
- 11380 66th Street North Suite 135 Largo, Florida 33773
- (727) 463-1938
- [beth@cbtpinellas.com](mailto:beth@cbtpinellas.com)
- **Cost:** \$70/group session only, \$65/group session if also receiving individual counseling

### Ashlie Cleaver, MS RMHCI

- DBT individual counseling online and in person
- The Solution Counseling Center New Port Richey, FL 34653
- (727) 610-7979
- <https://solutioncounseling.com/>
- **Cost:** Sliding scale; \$75/session out of pocket

### Gloria Bailey, LCSW

- DBT individual counseling online and in person.
- 2406 Cypress Glenn Drive Ste 101 Wesley Chapel, FL 33544
- (813) 285-5828
- **Cost:** Accepts insurance, sliding scale, \$110/session out of pocket

## Workbooks



- Mission Australia (easy read)  
<https://documents.uow.edu.au/content/groups/public/@web/@project-air/documents/doc/uow251369.pdf>
- The DBT Homework Assignment Workbook: 50 DBT worksheets  
[https://www.betweenessions.com/wp-content/uploads/2020/02/DBT\\_Assignment\\_Workbook\\_F0220.pdf](https://www.betweenessions.com/wp-content/uploads/2020/02/DBT_Assignment_Workbook_F0220.pdf)
- The Dialectical Behavior Therapy Skills Workbook, 2<sup>nd</sup> edition:  
<https://cursosdepsicologia.com.ar/wp-content/uploads/2021/05/THEDIA1.pdf>
- Dr. Linda Olson:  
<https://www.dr.lindaolson.com/wp-content/uploads/2017/02/DBT-Handouts-Combined-Modules.pdf>
- Distress tolerance: This workbook includes a description of the distress tolerance skills and practice exercises for each (<https://www.getselfhelp.co.uk/docs/DealingwithDistress.pdf>)

## Worksheets



- <https://www.therapistaid.com/therapy-worksheets/dbt/none>
- <https://www.psychpoint.com/worksheets/dbt-worksheets>

## Videos



- DBT-RU YouTube channel (highly recommend):  
<https://www.youtube.com/c/DBTRU/featured>
- Marsha Linehan training promo videos:  
<https://psychwire.com/free-resources/linehan>
- DBT Peer Connections YouTube channel: Free DBT lessons  
(<https://www.youtube.com/user/dbtworks>)

## Websites



- Handouts, videos, and lessons about the four core DBT skills  
(<https://dialecticalbehaviortherapy.com/>)
- Library of free DBT training videos, advice, and self-help resources from leading DBT therapists  
(<https://www.dbtbites.com>)

## Podcasts



- DBT Weekly (highly recommend):  
<https://podcasts.apple.com/us/podcast/dbt-weekly/id1460055048>
- The Skillful Podcast:  
<https://podcasts.apple.com/us/podcast/the-skillful-podcast/id1461774020>

## Mental Health Apps



- DBT Self Help (free)
  - Offers a range of DBT skills through informative articles, guided exercises, and practical tips
- DBT Trivia & Quiz (free)
  - Set up like a video game and quizzes on all four of the DBT modules
- Simple DBT Skills Diary Card (free)
  - Daily Log for each day with 28 skills, as well as descriptions and examples of each skill
- DBT Coach (free)
  - Learn and practice DBT skills using video lessons and fun animations. Diary card feature for skills and target behaviors
- DBT Diary Card & Skills Coach (\$5)
  - offers a customizable diary card that targets the behaviors you want to decrease or increase, offers charts and graphs on your progress, has a reference section, and coaching help on how and when to use skills.
- Mood Tools (free)
  - Incorporates elements of DBT, to provide users with a range of tools for improving their emotional well-being.
- Calm Harm (free)
  - Offers a variety of DBT-informed techniques and activities to support individuals in managing distress and finding healthier coping strategies.
- Mindshift CBT (free)
  - Cognitive behavioral therapy strategies to address general worry, social anxiety, and panic
- Health Minds Program App (free)
  - Meditation and mindfulness skills
- Mindfulness Coach (free)
  - Provides a gradual, self-guided training program designed to help understand and adopt a simple mindfulness practice
- Stop, Breathe and Think (free)
  - Mindfulness and meditation app incorporating DBT techniques to support emotional well-being.

## Other



- The Game of Real Life (card game to practice DBT skills):  
[https://drive.google.com/file/d/1XvIFB8jWteU6vCu6F9wbP5wk\\_y4jwmeC/view](https://drive.google.com/file/d/1XvIFB8jWteU6vCu6F9wbP5wk_y4jwmeC/view)
- The DBT Deck (flashcards for skills practice):  
[https://www.amazon.com/DBT-Deck-Clients-Therapists-Relationships/dp/1683731441/ref=sr\\_1\\_1?child=1&keywords=dbt+deck&qid=1617217814&sr=8-1](https://www.amazon.com/DBT-Deck-Clients-Therapists-Relationships/dp/1683731441/ref=sr_1_1?child=1&keywords=dbt+deck&qid=1617217814&sr=8-1)