Dialectical Behavior Therapy (DBT) was created by Marsha Linehan, PhD., to help those suffering with self-injury and suicidality. It has grown as a treatment for many forms of behavioral and emotional dysregulation, such as bulimia or substance abuse. DBT is an evidence-based treatment. Numerous clinical trials have shown it to be effective for treating various symptoms of emotional suffering.

For more information on DBT research and applications of DBT, see: BehavioralTech.org

Tricia J. Mlnarik, LMFT, LPCC, is certified as a Certified DBT Clinician through the Linehan Board of Certification. She been trained through Behavioral Tech. LLC, in the “Dialectical Behavior Therapy Intensive Training” and in the “DBT-Prolonged Exposure Protocol”. Tricia has been offering comprehensive DBT services for several years in Private Practice.

Anke Kalaiah, LMFT, has been trained by Behavioral Tech., LLC, in the “Foundational Training in DBT”. Anke has facilitated DBT skills groups for a local hospital and prior to her work with Wise Mind DBT program.

Jessica Wang, LMFT, specializes in treating adolescents using DBT. She has practiced psychotherapy in the school setting since 2011 and is dedicated to furthering her formal training in DBT.

Lori Wilkinson Rella, LMFT, specializes in treating trauma, grief, and loss. She has received training through Behavioral Tech., LLC, and is committed to ongoing training and professional development in DBT.
Group Skills Training in Dialectical Behavior Therapy

- Mindfulness: Increasing awareness of the present moment to decrease destructive thoughts.

- Emotional Regulation: Building strategies to understand and manage strong emotions.

- Distress Tolerance: Developing skills to calm overwhelming emotions and urges.

- Interpersonal Effectiveness: Learning ways to communicate needs and emotions effectively.

DBT skills groups are delivered in these 4 skills “modules”. Over a 6-month period, clients participate in all skills modules. Skills groups are open to new group members for the first three weeks of every module.

Call for information on our openings: (408) 207-5269

Individual Therapy & Skills Coaching

Clients work with their individual therapist to manage behaviors and emotional vulnerabilities such as suicidal thoughts, depression, substance abuse, and anxiety. Skills coaching is available between therapy sessions with one’s individual therapist.

Consultation Team for Therapists

Our team of therapists follow the model outlined by DBT’s founder, Marsha Linehan, which includes weekly consultation for therapists treating clients in DBT. Therapists consult with one another to insure treatment is provided as intended.

COMPREHENSIVE DBT

Comprehensive DBT includes Individual Therapy, Skills Training Group, and Telephone Skills Coaching for Clients and Consultation Team for Therapists.