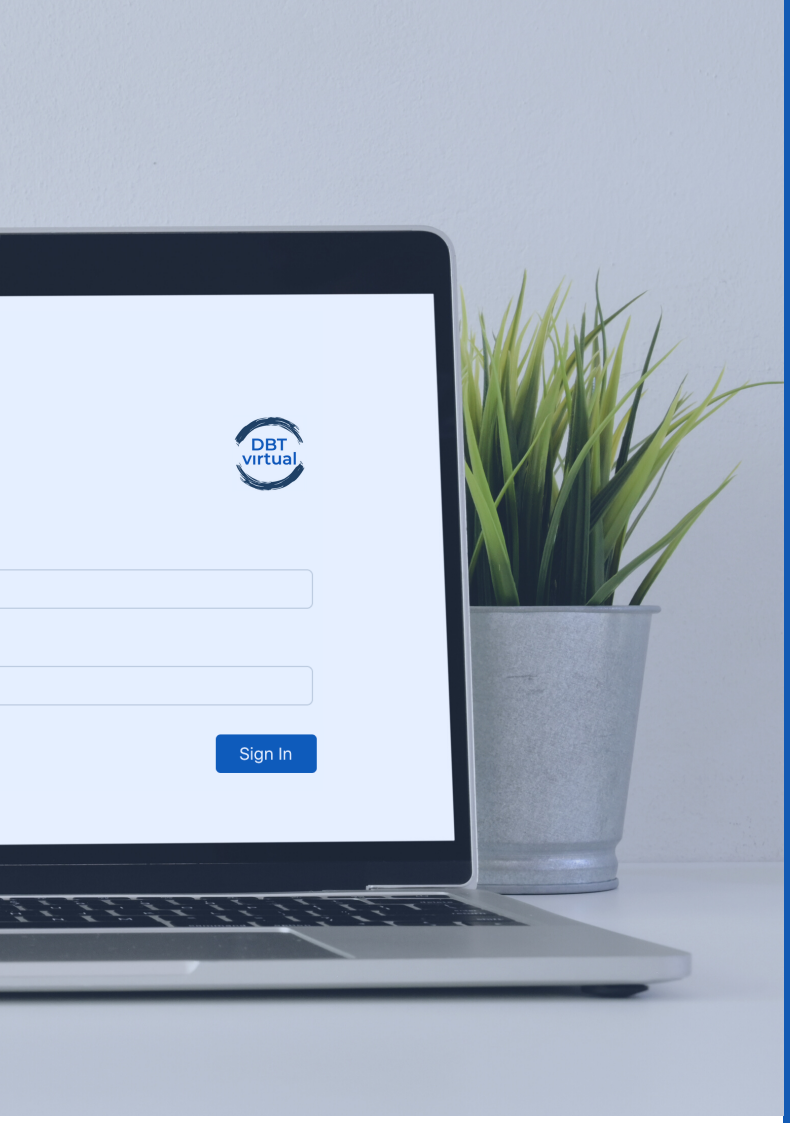

Dialectical Behaviour Therapy Online

Learn to navigate difficult emotions and relationships, and cope more effectively with everyday problems

SERVICES

- Individual therapy
- Phone coaching
- Skills groups

Available throughout Ontario

DBT virtual

DBT from the comfort of your home

For more information visit www.dbtvirtual.com

DBT virtual

ABOUT DBT

Dialectical Behaviour Therapy (DBT) is an evidenced-based therapy that was designed to support people who experience challenges in regulating intense, volatile emotions and interpersonal difficulties. DBT can be effective in helping people who struggle to manage extreme emotions, get through distressing situations and maintain stable relationships. In DBT we teach four categories of skills to help people gain more control over their life including mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.

OUR CLINIC

We're a team of qualified, compassionate therapists that have advanced training, expertise and passion in delivering DBT. We specialize in helping people who have strong emotions, self-defeating thoughts and unhealthy behaviours that interfere with all aspects of life. We treat a wide range of concerns associated with emotion dysregulation, including anxiety, depression, anger management, borderline personality disorder, substance use, self-harm and/or suicidal behaviours. We have adult and adolescent programs available and accept self-referrals. As a fully online clinic, we're making it simpler for people to find a qualified therapist that specializes in DBT.

Those with extended health benefits may be eligible for partial or total coverage of Dialectical Behaviour Therapy