**CBT and/or DBT Therapists and Referrals:**

**Stanford Weekly Therapy Group**--Dr Jennifer Culver runs a weekly therapy group (not a support group) at Stanford. This therapy group is for bipolar consumers ONLY. It is a 12 week session and there are three 12 week modules that she offers.  Clients have an intake interview with her.  The group is an instructional class that uses DBT (Dialectical Behavior Therapy - a type of Cognitive Behavior Therapy).  It does have a fee. Insurance is accepted and people may have co-pay. The class has been offered for over a year and has been very well received. Contact info is 650-498-9111.

Check the **bpdcentral** web site to help locate a DBT therapist: <http://www.bpdcentral.com/therapists/?state=California>

**Melinda Carlisle Brackett, LMFT** Phone: **408-893-4032**

E-mail: mcarlisle@criticalpathcounseling.com

South Bascom Avenue, Suite 116 San Jose, CA 95124

[www.southbaydbt.com](http://www.southbaydbt.com)

DBT Individual & Skills groups for adults and couples. DBT Skills groups: standard, families & friends, addiction recovery, couples, parents.

Insurance: Private pay; out-of-network

**Caroline C Fleck, PhD**  Phone: **425-200-5425**

E-mail: dr.carolinefleck@gmail.com

Wellspring Psychological Services - 229 Polaris Ave, Suite 6, Mountain View, CA 94043

[www.drcarolinefleck.com](http://www.drcarolinefleck.com)

CBT and DBT Individual therapy for adults and teens.

Insurance: Private pay; out-of-network

**Sandy Hillouse, LMFT** Phone: **408-345-5070**

E-mail: sandy@siliconvalleydbt.com

1680 The Alameda, Suite 202, San Jose, CA 95126, and 4020 Fabian Way, Suite 200 , Palo Alto, CA 94303

[www.siliconvalleydbt.com](http://www.siliconvalleydbt.com)

DBT Individual therapy, skills groups and phone coaching for adults, teens and couples.

Insurance: Private pay; out-of-network, and some sliding scale

**Hooria Jaznieri, LMFT** Phone: **408-462-1447**

E-mail: hooria@outlook.com

1885 The Alameda, Suite 115, San Jose, CA 95126, and 4020 Fabian Way, Suite 200 , Palo Alto, CA 94303

[www.outlookCBT.com](http://www.outlookCBT.com)

CBT and DBT Individual therapy, DBT skills groups for children & adolescents, adults, and couples. DBT skills groups: Adult, Family & Friends, Couples

Insurance: Private pay; out-of-network

**Tricia Minarik, LMFT** Phone: **408-207-5269**

**Anke Kalaiah, LMFT** (same)

E-mail: TriciaMlnarikMFT@Gmail.com

Wise Mind DBT Program, 1769 Park Avenue, Suite 210, San Jose, CA 95126

[www.familycounselingsanjose.com](http://www.familycounselingsanjose.com)

DBT (and DBT for PTSD) individual therapy, and skills groups for adolescents, adults, families. DBT skills groups: Adults and adolescents

Insurance: Private pay; out-of-network

**Renee Sanguinetti, LMFT** Phone: **408-479-4632**

**Yvette Duarte, LMFT** (same)

**Jaclyn Santino, LMFT** (same)

E-mail: info@awwakedbt.com

Awake DBT - 913 Willow Street, Suite 202, San Jose, CA 95125

[www.awakedbt.com](http://www.awakedbt.com)

DBT Individual therapy and skills groups for adolescents and adults, and families. DBT skills groups: Adolescents, Adult, Family & Friends

Insurance: Private pay; out-of-network

# CBT & DBT Resources

## Websites

* [Association for Cognitive and Behavioral Therapies (ABCT)](http://www.abct.org)
* [DBT®-Linehan Board of Certification](http://www.dbt-lbc.org/)
* [National Education Alliance for Borderline Personality Disorder](http://www.neabpd.org/)
* [Borderline Personality Disorder Resource Center](http://www.bpdresourcecenter.org/)
* [DBT Self Help](http://www.dbtselfhelp.com/)
* [Behavioral Tech, LLC](http://www.behavioraltech.org/)
* [Guidelines for Choosing a DBT Therapist](http://www.tara4bpd.org/DBT.htm)
* [DBT FAQ](http://behavioraltech.org/downloads/dbtFaq_Cons.pdf)
* [Psychology Tools](ttp://psychology.tools/) – UK site with CBT/DBT fact sheets and worksheets

## Articles

* [No Longer Wanting to Die](http://opinionator.blogs.nytimes.com/2015/05/16/no-longer-wanting-to-die/?fb_ref=Default&_r=0)

*Will Lippincott*

## Books

### **Dialectical Behavior Therapy**

* [DBT Skills Training Handouts and Worksheets, 2nd Edition](http://www.guilford.com/books/DBT-Skills-Training-Handouts-and-Worksheets/Marsha-Linehan/9781572307810)

*Marsha M. Linehan*

* [The DBT workbook for overcoming depression and anxiety](http://www.amazon.com/Dialectical-Behavior-Therapy-Skills-Workbook/dp/1572245131/ref=sr_1_1?s=books&ie=UTF8&qid=1311826018&sr=1-1)

*Thomas Marra*

* [Don’t let your emotions run your life: How DBT can put you in control](http://www.amazon.com/s/ref=nb_sb_ss_c_1_37?url=search-alias%3Dstripbooks&field-keywords=don%27t+let+your+emotions+run+your+life&x=0&y=0&sprefix=don%27t+let+your+emotions+run+your+life)

*Scott Spradlin*

* [Out of Control: A DBT- CBT workbook for getting control of our emotions](http://www.amazon.com/Out---Control-Dialectical-Cognitive-Behavioral-Emotion-Dri/dp/0615392768/ref=sr_1_1?s=books&ie=UTF8&qid=1311826202&sr=1-1)

*Melanie Gordon Sheets*

### **Mindfulness**

* [Buddha’s Brain: The Practical Neuroscience of Happiness, Love and Wisdom](http://www.amazon.com/Buddhas-Brain-Practical-Neuroscience-Happiness/dp/1572246952/ref=sr_1_1?s=books&ie=UTF8&qid=1311826276&sr=1-1)

*Rick Hanson*

* [Full Catastrophe Living](http://www.amazon.com/Full-Catastrophe-Living-Mindfulness-Meditation/dp/0749915854/ref=sr_1_1?ie=UTF8&s=books&qid=1271651780&sr=1-1)

*Jon Kabat-Zinn*

* [Mindfulness for Beginners](http://www.amazon.com/Mindfulness-Beginners-Jon-Kabat-Zinn/dp/1591794641/ref=sr_1_4?s=books&ie=UTF8&qid=1297346606&sr=1-4)

*Jon Kabat-Zinn*

* [The Mindfulness Solution: Everyday Practices for Everyday Problems](http://www.amazon.com/Mindfulness-Solution-Everyday-Practices-Problems/dp/1606232940/ref=sr_1_5?s=books&ie=UTF8&qid=1297346683&sr=1-5)

*Ronald. D. Seigel*

* [The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness](http://www.amazon.com/Mindful-Way-through-Depression-Unhappiness/dp/1593851286/ref=sr_1_1?ie=UTF8&qid=1297347106&sr=8-1)

*Mark Williams, John Teasdale, Zindel Segal, and Jon Kabat-Zinn*

* [The Miracle of Mindfulness](http://www.amazon.com/Miracle-Mindfulness-Thich-Nhat-Hanh/dp/0807012394/ref=sr_1_1?ie=UTF8&s=books&qid=1271651833&sr=1-1)

*Thich Nhat Hanh*

* [Wherever You Go, There You Are](http://www.amazon.com/Wherever-You-There-Are-ROUGH/dp/1401307787/ref=pd_sim_b_3)

*Kabat-Zinn*

* [When Things Fall Apart](http://www.amazon.com/When-Things-Fall-Apart-Difficult/dp/1590302265/ref=sr_1_1?ie=UTF8&s=books&qid=1271651862&sr=1-1)

*Pema Chodron*

### **Borderline Personality Disorder**

* [Borderline Personalty Disorder Demystified](http://www.amazon.com/Borderline-Personality-Disorder-Demystified-Understanding/dp/1569244561/ref=sr_1_1?s=books&ie=UTF8&qid=1311826397&sr=1-1)

*Robert OFriedel*

* [Borderline Personality Disorder in Adolescents, 2nd Edition: What To Do When Your Teen Has BPD: A Complete Guide for Families](http://www.amazon.com/gp/product/1592336493/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=1592336493&linkCode=as2&tag=wwwkellykoern-20&linkId=6HRP677T4VGICURR) (September 2014)

*Blaise A Aguirre*

* [Borderline personality disorder: the facts.](http://www.amazon.com/gp/product/0199202966?ie=UTF8&tag=wwwkellykoern-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=0199202966) (2008)

*Krawitz R, Jackson W.*

* [The Buddha & The Borderline](http://www.amazon.com/Buddha-Borderline-Recovery-Personality-Dialectical/dp/157224710X/ref=sr_1_1?s=books&ie=UTF8&qid=1311826359&sr=1-1)

*Kiera Van Gelder*

* [Get Me Out of Here](http://www.amazon.com/Get-Out-Here-Personality-ebook/dp/B00BS03HEC/ref=sr_1_1?ie=UTF8&qid=1370457872&sr=8-1&keywords=Get+Me+Out+Of+Here)

*Rachel Reiland*

* [Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship](http://www.amazon.com/Borderline-Personality-Disorder--Control-ebook/dp/B005JFB3OS/ref=sr_1_1?ie=UTF8&qid=1370457253&sr=8-1&keywords=loving+someone+with+borderline+personality+disorder)

*Shari Manning*

* [Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy](http://www.amazon.com/gp/product/1608825655/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=1608825655&linkCode=as2&tag=wwwkellykoern-20&linkId=R64KKSX7IN2S27HS) (May 2013)

*Blaise Aguirre, MD and Gillian Galen, PsyD*

* [Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families](http://www.amazon.com/gp/product/1585621358?ie=UTF8&tag=wwwkellykoern-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=1585621358) (Feb. 2005)

*John G. Gunderson and Perry D. Hoffman, Ph.D.*

### **Parenting**

* [Parent Management Training](http://www.amazon.com/gp/product/0195154290?psc=1&redirect=true&ref_=oh_aui_search_detailpage)

*Kazdin*

[The Kazdin Method for Parenting the Defiant Child](http://www.amazon.com/Kazdin-Method-Parenting-Defiant-Child/dp/0547085826/ref=sr_1_1?ie=UTF8&qid=1438823795&sr=8-1&keywords=alan+kazdin)

*Kazdin*

* [Raising an Emotionally Intelligent Child](http://www.amazon.com/Raising-Emotionally-Intelligent-Child-Parenting/dp/0684838656/ref=sr_1_1?ie=UTF8&qid=1438823971&sr=8-1&keywords=raising+an+emotionally+intelligent+child)

*Gottman, Declaire, & Goleman*

* [Parenting a child who has intense emotions](http://www.amazon.com/Parenting-Child-Who-Intense-Emotions/dp/1572246499/ref=sr_1_1?s=books&ie=UTF8&qid=1311826472&sr=1-1)

*Pat Harvey*

* [Borderline Personality Disorder in Adolescents, 2nd Edition: What To Do When Your Teen Has BPD: A Complete Guide for Families](http://www.amazon.com/gp/product/1592336493/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=1592336493&linkCode=as2&tag=wwwkellykoern-20&linkId=6HRP677T4VGICURR) (September 2014)

*Blaise A Aguirre*

* [Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change - Paperback](http://www.amazon.com/gp/product/0195379586?ie=UTF8&tag=wwwkellykoern-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=0195379586) (Aug. 12, 2010) *Valerie Porr*
* [Parenting a child who has intense emotions](http://www.amazon.com/Parenting-Child-Who-Intense-Emotions/dp/1572246499/ref=sr_1_1?s=books&ie=UTF8&qid=1311826472&sr=1-1)

*Pat Harvey*

### **Relationships**

* [The High Conflict Couple: A Dialectical Therapy Guide to Finding Peace, Intimacy and Validation](http://www.amazon.com/High-Conflict-Couple-Dialectical-Validation-ebook/dp/B0054M06I0/ref=sr_1_1?ie=UTF8&qid=1370457410&sr=8-1&keywords=The+High+Conflict+Couple%3A+A+Dialectical+Therapy+Guide+to+Finding+Peace%2C+Intimacy+and+Validation)

*Alan Fruzzetti*

* [The Seven Principles for Making Marriage Work](http://www.amazon.com/Seven-Principles-Making-Marriage-Work/dp/0553447718/ref=sr_1_1?s=books&ie=UTF8&qid=1438825686&sr=1-1&keywords=the+seven+principles+for+making+marriage+work)

*Gottman & Silver*

## Smartphone Applications

|  |  |  |
| --- | --- | --- |
| FREE AZUMIO HEART RATE MONITOR [Picture](https://itunes.apple.com/us/app/instant-heart-rate-heart-rate/id409625068?mt=8)  This **FREE** application provides a quick and easy way to tell if you are too upset to have an effective conversation with your partner (flooded) and/or could benefit from using some distress tolerance skills to bring down the intensity of your emotions. | DBT DIARY CARD AND SKILLS COACH [Picture](http://itunes.apple.com/us/app/dbt-diary-card-skills-coach/id479013889?mt=8)    A handy application for DBT clients that allows you to create a customized diary card. As the application is on your phone, it increases the frequency and ease with which you can record relevant information.  In addition, this app functions as a "skills coach," and recommends skills to try based on your needs. Cost: $4.99. | INSIGHT TIMER - MEDITATION TIMER [Picture](http://itunes.apple.com/us/app/insight-timer-meditation-timer/id337472899?mt=8)    An invaluable tool for those who aim to deepen their practice. With 6 singing bowl sounds to choose from, this app allows you to set an alarm that can sound at intervals throughout your practice or at its conclusion. Cost: $2.99. |

|  |  |  |
| --- | --- | --- |
| JKZ SERIES 1 [Picture](https://itunes.apple.com/us/app/jkz-series1/id700402554?mt=8)  John Kabat-Zinn's iphone app makes the trainings provided in his 8-week Mindfulness-Based Stress Reduction class available to anyone with a smart phone. His guided meditations include a sitting meditation, yoga, and body scan meditation. Each is about 45 minutes. If you are serious about establishing or developing a meditation practice, this is a must have! Cost: $3.99. | MOOD LOG [Picture](https://itunes.apple.com/us/app/id730758811?mt=8)  A simple and **FREE** way to monitor emotions across days, weeks, and months. For folks working on developing mindfulness of current emotions, or on their ability to regulate emotions, I highly recommend this application. | RELAXATION [Picture](https://itunes.apple.com/us/app/relaxation-tools/id925013143?mt=8)  An excellent resource for those new to Progressive Muscle Relaxation and/or deep breathing. There are options for guided and non-guided exercises. This **FREE** app isn't bogged down with a lot of unnecessary features, making it easy to use in a crisis or on the go. |

|  |  |  |
| --- | --- | --- |
| LIVE OCD FREE [Picture](https://itunes.apple.com/us/app/live-ocd-free/id509337840?mt=8)  This is an EXCELLENT tool for individuals who are using Exposure and Response Prevention to treat obsessive-compulsive disorder. The app provides a nice compliment to the work we would be doing in session and provides clients with a quick and easy space in which to track and monitor treatment progress.  Cost: $29.99. | BREATHE 2 RELAX [Picture](https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8)  A must have for anyone working on flooding, anxiety, or emotion regulation. This **FREE**app provides many customizable options for various breathing exercises. Regardless of whether you are a new or seasoned practitioner of deep breathing, this is an invaluable tool for establishing and sustaining your practice! | GOTTMAN INSTITUTE APPLICATIONS [Picture](https://itunes.apple.com/us/artist/the-gottman-institute/id389288070)  The Gottman Institute provides a nice collection of applications to supplement the work you will be doing in couple's therapy. These apps are also straightforward enough to be used by folks who aren't in couple's therapy, but would like to improve the quality of their relationships. Cost: Free - $2.99. |

## 