

**For immediate Release: 11/30/2017**

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**Portland, Oregon based dialectical behavior therapy suicide treatment program awarded highest level of treatment certification by international board**

**Portland, Oregon** – The Portland DBT Institute (PDBTI) is one of the oldest and largest independent providers in the world of Dialectical Behavior Therapy (DBT), an evidence based therapy for individuals experiencing suicidal urges and behavior. We are proud to serve approximately one thousand adults, adolescents, and families per year in the Pacific Northwest area, and were recently certified and recognized for our ability to deliver DBT in a manner consistent with the original treatment model and with a high degree of effectiveness by the DBT-Linehan Board of Certification ([dbt-lbc.org](http://dbt-lbc.org)), an international organization devoted to ensuring programs and individuals offering DBT meet rigorous standards and can demonstrate competency regarding the treatment. In undergoing the certification process, The Portland DBT Institute joins a list of only seven certified programs in the world.

DBT was originally developed by Marsha Linehan, PhD, ABPP, at the University of Washington and is held as the gold standard with comprehensive research literature (including randomized control trials) on the effectiveness of the treatment of chronically suicidal individuals and for Borderline Personality Disorder. The general goal of treatment is to help the individual create a life worth living, with treatment following a set of core skills and principles delivered in a comprehensive, systematic manner. Individuals engaging in DBT have often suffered greatly, may not have found treatment to be effective in the past, and may be at high risk for suicide, creating high stakes for mental health service delivery and the need for consumers to be able to differentiate between programs who offer full fidelity DBT and programs not able to deliver the treatment with its full strength.

The Portland DBT Institute is proud to offer adherent DBT, with serving over one thousand adults, adolescents, young adults, and families per year, with provide specialty programming for individuals with co-occurring eating disorders, substance abuse disorders, and post-traumatic stress disorder (PTSD). We provide training and consultation regarding DBT and the treatment of suicide on a local, national, and international level, and are proud to have staff who are individually certified in the delivery of DBT by the certification board as well as to have Linda Dimeff, PhD, as clinic director. Linda is an expert clinician and leading researcher in the area of DBT, substance abuse treatment, and the delivery of evidence based therapies to alleviate suffering. Our staff are active in

regional and national mental health advocacy, contribute to the research base on DBT through publications and presentations, and collaborate internationally on policy initiatives related to DBT.

The completion of the certification process and third-party recognition around our delivery of DBT is an honor and reflects our core values as a clinic, which is to provide research supported treatment in the service of reducing suffering and enhancing the quality of life for clients and their loved ones. We strive to work collaboratively with clients, our team and the therapeutic community at large, in a manner that promotes both personal and professional growth.

Resources for additional information:

DBT-Linehan Board of Certification FAQs around the meaning and rationale for certification: <http://dbt-lbc.org/index.php?page=101118>

Overview of DBT: <https://behavioraltech.org/resources/faqs/dialectical-behavior-therapy-dbt/>

Portland DBT Institute Home Page: <https://www.pdbti.org>

Press releases and hiresolution photos for Portland DBT Institute: <https://www.pdbti.org/press/>