

For immediate Release: 12/05/2016

Press Contact: Andrew White, PhD, (503) 290-3281, awhite@pdbti.org

Portland, Oregon based dialectical behavior therapy releases commitment to inclusivity and diversity statement.

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.

In light of the recent political events that have created a climate of intolerance and hate in many of our communities, we affirm our belief that all persons are created equal, that we are endowed by our creator with certain unalienable rights, including freedom and the pursuit of meaningful lives worth living – no matter the color of our skin, what (or whether) we choose to worship, where we were born, our citizenship status, our sexual orientation, or the extent of our poverty or wealth.

As mental health providers, we understand the pain and suffering experienced by being perceived and treated as the “other” – personally and systemically through explicit and implicit racism, sexism, homophobia, nativism, and classism. We strive to build a world that is just and compassionate, one that honors difference and praises radical and authentic connection between people.

We do not condone acts of hate, division, or xenophobia, and pledge to not stand idly by as they occur. We commit ourselves to the cause of justice, to speaking up and to intervening in the face of divisive and demeaning voices, policy, and actions. We pledge to work within and across communities, and to building bonds of understanding, respect, and compassion. We pledge our allegiance to those most vulnerable, as we insist on the dignity and sanctity of each human life.

Resources for additional information:

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/>