

DBT-L: 2023 TRANSITIONS



What is happening?

We have moved to a **new server**, and a **new email address** (**dbt-l@lists.pdbti.org**). Don't worry- the old address will forward to the new one for a little while if you forget. This move has improved email delivery and also has added new features to DBT-L (including searchable archives!).

What do I need to do?

Nothing, if you want to keep receiving email. However... if you want to also use the web interface to access the new features, you'll need to go to **https://lists.pdbti.org** and sign up.

How do I sign up for the web interface?

Current members will need to sign up for the web interface (new members won't need to do this). Just go to **https://lists.pdbti.org**, click "sign up", and use your DBT-L email address to sign up for the web interface with a password and username of your choosing.

Why is the web interface a big deal?

It's a huge deal- for the first time in DBT-L history, you can search the archives using a modern interface. ***The archives of DBT-L represent an oral/written history of the therapy dating back to 1996 with thousands of posts and contributors.*** It's a way to obtain resources and see the history of the treatment. DBT-L is a true representation of Linehan's idea of a community of therapists treating a community of clients.

You can also use the web interface to change your subscription settings, pause subscriptions, change your email, and even post and read topics. It has a ton of new features.

How do you sign up for DBT-L, see list information, or get help?

- Policy for DBT-L is set by ISITDBT. List hosting and administration are provided by the Portland DBT Institute.
- The DBT-L attestation and general information page is located at **https://www.pdbti.org/dbt-l/**
- If you need help with the transition (or in general), feel free to reach out to the list admins at *dbt-l-owner@lists.pdbti.org*