

Maple Leaf DBT

Maple Leaf Professional Center

7812 Lake City Way NE, Seattle, WA 98115

Bob Goettle (206) 372-8400

Noelle Mestres (206) 771-7036

Everyone in our skills group must be in ongoing individual therapy. The reason for this requirement is that the group is structured tightly around a set curriculum, and attention to your individual concerns is limited. Having an individual therapist provides needed support to help you maximize your learning of DBT skills. It may be helpful for you to do individual DBT therapy.

Below is a list of therapists in the greater Seattle area that provide individual DBT.

Resources

Annie McCall, MA, LMHC - (206) 251-4013

Youth and Family DBT

www.youthandfamilydbt.com

annie@youthandfamilydbt.com

I began my training in DBT as a graduate student at New York University in 1999, working as a research assistant in a treatment program for adolescent girls with eating disorders. I was struck then by the model's emphasis on balancing change with acceptance. So often clients begin therapy with the notion that they are broken and need to be fixed, but DBT operates from the premise that for each of us, two things are true: we are perfect and we need to change. I like that idea a lot, and have seen it create room for profound improvement in people's lives.

I have continued my training and practice of DBT since receiving my degree, and have worked as a DBT skills trainer and as an individual therapist, working with women, men, and adolescents with suicide and self-harm histories. In addition to the trainings I have attended, I currently have the good fortune of working as an adherence coder for Marsha Linehan's BRTC program, which means that every week I get to watch videos of expert therapists at work with their clients, a truly amazing window into effective treatment.

As a resource for Maple Leaf DBT, I am happy to collaborate with Bob and Noelle, and I am a member of their consult group. I have a Masters degree in Psychology from New York University, and I am a Washington State Licensed Mental Health Counselor.

Diana Cook, PhD - (425) 744-1750

Diana Cook is a Washington State licensed Marriage and Family Therapist, Chemical Dependency Professional, and Clinical Psychologist.

Diana received her PhD from Seattle Pacific University, an MA in Applied Behavioral Science from Bastyr University, an MS in Physical Education/Athletic Administration from Florida State University, a BA in Physical Education from the University of Washington, and Chemical Dependency Certification through Seattle University. Diana works with individuals, couples, families, and groups focusing on assessment and evaluation, relationship issues, family adjustment, addictions, interpersonal relations, workplace issues, depression and anxiety, and other psychological/psychosocial stressors.

Her approach is best described as cognitive/behavioral - relational within a systems perspective. Diana's doctoral dissertation was focused on emotion regulation, which is a major component of Dialectical Behavior Therapy (DBT).

Diana has attended DBT workshops including basic DBT, DBTS (substance abuse), and DBT skills. Diana works as an individual DBT therapist, helping individuals incorporate skills group training into day-to-day problem solving. She also attends a weekly consult group, sharing information with other therapists and skills trainers, working as a team for the best outcomes for patients/clients.

Cristina Mullen, MSW, LICSW - (206) 214-6009

Cristina Mullen is licensed in the state of Washington as an Independent Clinical Social Worker since 2001. She obtained her Masters degree in Social Work in Arizona in 1991 and has been practicing since that time. Cristina previously specialized in Substance Abuse and was certified by Therapeutic Communities of America. While Cristina's training and experience has encompassed work with children, adolescents, and families, she currently focuses with older adolescents and adults, at times incorporating family members. Her focus is to help clients access their vision of the life they want to live, and to become the architect of that life.

Cristina is trained in Dialectical Behavior therapy, and finds herself integrating concepts from DBT with other behavior therapies in addition to, CBT, Narrative Therapy, Rational Emotive Therapy, Neurolinguistic Programming and other approaches she has learned over time. When a client's problems and diagnosis require full DBT, Cristina provides the individual therapy and refers the client to group therapy from an alternate provider.

Cristina's training in DBT includes a 10 day intensive with Dr. Linehan, Dr. Koerner and Dr. Dimeff. Cristina also completed a nine month Seminar developed and supervised by Dr. Kate Comtois designed to train psychiatry residents at the University of Washington. In addition she currently is a member of a small team of DBT experts at the Harborview DBT clinic, supervised by Dr. Comtois where she provides individual therapy and group skills training. Cristina also worked for one year as a research clinician with Dr. Linehan on a research grant modifying DBT for Heroin Addiction. Cristina also participates in a clinical consult team for her private patients. (cont.)

(cont.) In her private practice Cristina specializes in treating people with dysregulated emotions. This includes people with Borderline Personality Disorder, Bi-Polar Disorder, Obsessive Compulsive Disorder, Anxiety Disorders, Post-Traumatic Stress and relationship issues. This work often includes a re-discovering of aspects of self and of life that when given energy and attention are an avenue for growth beyond the pain.

Meredith Gilbert, MA, LMHC - (425) 827)-7450

Meredith Gilbert is a Licensed Mental Health Counselor in private practice in Kirkland, Washington. She recently completed a one-year clinical internship in Dialectical Behavior Therapy at the University of Washington, and is currently working on her dissertation toward completion of a PhD in clinical psychology. Her dissertation topic relates to emotion regulation in individuals with eating disorders.

Meredith's clinical work is integrative. She combines DBT with cognitive-behavioral and person-centered approaches, working collaboratively with her clients to tailor therapy to individual needs and goals.

Rebecca Schneir, LMFT - (206) 577-1104
www.rebeccaschneir.com

I am a state licensed Marriage and Family Therapist. I specialize in meeting the mental health needs of adolescents, emerging adults, and families. I have extensive experience addressing depression, anxiety, self-harm/suicidality, grief, trauma, relationship issues, educational difficulties, and adjustment concerns.

For the last 3 years, I have been committed to learning and implementing the DBT model. I am intensively trained in DBT and have experience as a skills facilitator as well as an individual DBT provider. I am an active member of The Children's Hospital Community DBT Consultation Team and a new member of The Maple Leaf DBT Consult Team. I have volunteered in the Children's Hospital DBT program in both the Adolescent Skills Group and the Parent DBT Seminar.

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