

DBT Online Resource List

Centre for Clinical Interventions

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Tolerating-Distress>

This workbook is one within a wonderful free series of mental health resources (for anxiety, depression, disordered eating, etc.), all with credible source material. Despite the name, it blends distress tolerance, emotion regulation, and mindfulness skills. Highly recommended!

DBT Self-Help

https://www.dbtselfhelp.com/html/dbt_lessons.html

This free resource can be a valuable part of aftercare, with links on mindfulness exercises and pocket-sized skills lists. This specific page goes into details about each of the 4 skills within the DBT categories.

DBT Peer Connections (DBTPC)

<https://ilovedbt.wordpress.com/>

This site has a variety of DBT resources, including a free e-course taught by a former DBT participant who is completed/has now completed her Bachelor of Science degree. For those who prefer not to register for this course, they can access all the videos on youtube:

<https://www.youtube.com/user/dbtworks>

DBT Skills Application/ Facebook Support Group

<https://www.youtube.com/channel/UCUnfngTrGAhR7mByd6CoAw/videos>

This channel also provides a number of DBT skills taught by people who have completed DBT programs themselves. The videos tend to be shorter with more easy-to-understand language than those in the above resource.

Dialectical Living.ca

<http://www.dialecticalliving.ca/>

This program offers online DBT groups. While it is fee-for-service, it does have a waitlist for subsidized participants.