

# DBT CENTRE OF VANCOUVER, INC.

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1040 - 1200 Burrard St · Vancouver BC V6Z 2C7 · P: 604-569-1156 · F: 604-569-1230 · [dbtvancouver.com](http://dbtvancouver.com)

## DBT Centre of Vancouver Fees

### **Intake Assessment - \$380**

The first step for treatment is booking the intake assessment with one of our clinicians. Please allocate 2 -3 hours to complete. The first part is filling out forms and questionnaires; the remainder will be with the assessing clinician.

### **Individual Therapy - \$125 - \$190 / 50-minute session**

Often times, weekly individual therapy is recommended. The fees for our individual services are as follows:

- Student Extern - \$125/50-minute session
- Registered Clinical Counsellor - \$160/50-minute session
- Ph.D. Clinician - \$185/50-minute session
- Registered Psychologist - \$190/50-minute session

### **Group Skills Program**

The DBT group skills program is a weekly program that teaches DBT related skills. The program is designed much like a class and helps clients learn skills that are important for managing attention (mindfulness skills), managing and coping with emotions (emotion regulation skills), building healthy relationships (interpersonal effectiveness skills), and tolerating emotional distress (distress tolerance skills).

#### **Adult program – 18 years old and up - \$110/weekly session**

The adult group skills program is 26 weeks long. We are currently running groups on Tuesdays from 6-8pm, Wednesdays from 11:30am-1:30pm and Thursdays from 5:30-7:30pm.

#### **Multi-Family program – adolescents 13 – 17 and their parents/caregivers - \$135/weekly session**

The multi-family group skills program is 24 weeks long that includes the adolescent and their parents. We are currently running groups Tuesdays from 4:00-5:30pm.

### **Extended Benefits Coverage**

Our services are not covered by MSP, but part of our services may be covered by extended health. We advise clients to check their insurance provider's policy under "psychological services" to find out their yearly limit as well as to see if coverage includes any level of clinicians or only specific types of clinicians.

### **Referrals from physicians or other clinicians are not required.**

For more information about the Centre or about DBT, please visit [www.dbtvancouver.com](http://www.dbtvancouver.com).

**To book an intake assessment, please call 604-569-1156.**