

DBT CENTRE OF VANCOUVER, INC.

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FEE SCHEDULE - 2024

ABOUT THE DBT CENTRE OF VANCOUVER

The DBT Centre of Vancouver (DBTCV) uses evidence-based psychological services to help people achieve goals that are important to them and increase the quality of their lives.

We specialize in providing comprehensive, adherent dialectical behaviour therapy (DBT) and work with adults (18 years old and older) and adolescents (13-17 years old) struggling with complex mental health problems such as borderline personality disorder, self-harm, and chronic suicidal thoughts and behaviours.

ABOUT DBT

Dialectical Behaviour Therapy (DBT) is a comprehensive, evidence-based treatment that combines elements of CBT (cognitive behavioural therapy) with mindfulness and acceptance-based strategies. There are four modes of treatment in comprehensive DBT:

1. Clients meet with their clinician for weekly one-hour **individual therapy sessions**.
2. Clients also participate in a separate weekly **DBT skills group**.
3. Clients have access to their individual therapist in-between sessions for brief **phone coaching**.
4. Clinicians meet weekly for **team consultation** meetings.

SERVICES

Individual Therapy

Individual therapy is typically scheduled in weekly standing appointments (same time each week). Some clinicians are available for in-person appointments, and some clinicians are available for Zoom appointments only.

Appointments times are scheduled during regular business hours (Monday – Friday 9AM -5PM only). At present, weekend and evening appointments are not available.

- \$125/50-minute session with a doctoral student (supervised by a registered psychologist)
- \$205/50-minute session with a doctoral (Ph.D./Psy.D.) clinician (supervised by a registered psychologist)
- \$230/50-minute session with a registered psychologist
- 24-hour cancellation policy

DBT Skills Groups

In the DBT skills group, clients learn DBT skills in a class setting that is led by two DBT therapists. Each week a new DBT skill is covered and at home exercises are assigned to put the skill in practice. The following week the group leader will review the homework exercises and provide feedback.

Adult groups (18 years old +)

- \$125/2-hour weekly session
- It takes 26 weeks to cover all of the DBT skills once. Many people find it helpful to repeat the group for another 26 weeks.
- No cancellation policy: Payment is to hold a client's spot in the group; thus, if a client is not able to attend a session for any reason, they will be billed for the full amount.
- Currently running via Zoom only, but future in-person offerings are possible.
- Groups currently available Mondays at 5:30 – 7:30pm / Tuesday 6-8pm / Thursdays from 5:30 – 7:30pm
- Maximum of 12 participants

Adolescent groups (13- 17 years old)

- \$180 / 1.5-hour weekly session – includes teen plus one or both parents/caregivers
- One cycle is 26 weeks (6 months) long.
- No cancellation policy: Payment is to hold a client's spot in the group thus, if a client/family is not able to attend a session for any reason, they will be billed for the full amount.
- In-person only, but future remote (Zoom) options may be possible.
- Wednesdays at 4:30pm
- Max 5 families

Adult RO – DBT groups (18 years old+)

- \$130 / 2-hour weekly session
- One cycle is 30 weeks long.
- No cancellation policy: Payment is to hold a client's spot in the group thus, if a client is not able to attend a session for any reason, they will be billed for the full amount.
- Currently running via Zoom only
- Max 12 participants
- Tuesdays at 5:30pm

Phone Coaching

Clients have access to their individual therapist for brief phone calls in between individual sessions. These calls are designed to help clients use the skills they are learning in therapy in challenging everyday life situations.

There is no additional fee for phone coaching up to 15 minutes per week, after which clients may be billed a prorated fee for additional phone coaching. Phone coaching is not available to “group-only” clients.

Consultation Team

DBT is a community of therapists helping a community of clients. DBT therapists meet weekly to discuss cases, and to provide the consultation, training, and support required to be effective therapists.

There is no additional fee for the consultation team.

Intake Assessment

All clients start with a brief intake assessment (about 2-3 hours) with one of our clinicians. At the end of the intake, the clinician will provide initial diagnostic impressions and treatment recommendations. The intake is not a comprehensive psychological assessment and is not meant for legal purposes or to determine eligibility for other programs, services, and status.

- \$550 – doctoral student, doctoral clinician
- \$700 – registered psychologist
- 48-hour cancellation policy

“Group only” Services

Clients seeing a mental health clinician on a regular basis may be eligible to join as a "group only" client. The DBT group skills program is not a replacement for individual therapy. All “group-only” clients must be under the care of an individual mental health professional (e.g., psychologist, psychiatrist, counsellor, social worker) with whom they meet at least monthly. In the event that a client has more complex or urgent needs, we require weekly meetings with

a mental health professional or participation in our full, comprehensive DBT program. All clients need to start with the intake assessment to ensure that DBT “group only” services would be appropriate.

PROGRAM ESTIMATES

Below you will find approximate costs of DBT services. **The amounts listed are meant to only provide an approximate total to aid with budgeting.** The actual amount spent on DBT services will vary and will depend on the services provided. Our fees are subject to change.

Comprehensive DBT program estimates – Adult

The weekly estimate for comprehensive DBT (3 hours of services / week) can be one of the following:

- **\$250/week** - \$125 (2-hr group) + \$125 (1-hour individual therapy with a doctoral student)
- **\$330/week** - \$125 (2-hr group) + \$205 (1-hour individual therapy with a doctoral clinician)
- **\$355/week** - \$125 (2-hr group) + \$230 (1-hour individual therapy with a registered psychologist)

The estimate for 6-months of comprehensive DBT range from \$6,500 for services provided by a doctoral student to \$9,500 for services provided by a psychologist.

The estimate for 12-months of comprehensive DBT range from \$13,000 for services provided by a doctoral student to \$19,000 for services provided by a psychologist.

Comprehensive DBT program estimates – Adolescent

The weekly estimate for comprehensive DBT (2.5 hours of services / week) can be one of the following:

- **\$305/week** - \$180 (1.5-hr group) + \$125 (1-hour individual therapy with a doctoral student)
- **\$385/week** - \$180 (1.5-hr group) + \$205 (1-hour individual therapy with a doctoral clinician)
- **\$410/week** - \$180 (1.5-hr group) + \$230 (1-hour individual therapy with a registered psychologist)

The estimate for 6-months of comprehensive DBT ranges from \$8,000 (services provided by a doctoral student) to \$11,000 (services provided by a psychologist).

The estimate for 12-months of comprehensive DBT ranges from \$16,000 (services provided by a doctoral student) to \$22,000 (services provided by a psychologist).

Comprehensive RO DBT program estimates – Adult

The weekly estimate for comprehensive DBT (3 hours of services / week) can be one of the following:

- **\$255/week** - \$130 (2-hr group) + \$125 (1-hour individual therapy with a doctoral student)
- **\$335/week** - \$130 (2-hr group) + \$205 (1-hour individual therapy with a doctoral clinician)
- **\$360/week** - \$130 (2-hr group) + \$230 (1-hour individual therapy with a registered psychologist)

The estimate for 6-months of comprehensive DBT range from \$6,500 for services provided by a doctoral student to \$9,500 for services provided by a psychologist.

The estimate for 12-months of comprehensive DBT range from \$13,000 for services provided by a doctoral student to \$19,000 for services provided by a psychologist.

EXTENDED BENEFITS / INSURANCE / FUNDING

Our services are not covered by MSP (the provincial health care plan), LTD (Long term disability), PWD, Income Assistance, ICBC, or WorkSafeBC.

Part of our services may be covered by your extended health care plan. 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.

Ask your provider: Are counselling services provided under the *supervision* of a Registered Psychologist eligible for coverage?

We are not able to direct bill insurance companies. If you have extended benefits through work or a spouse, please refer to your insurance company to see what services they cover. Some of our services are NOT covered by extended benefits.

If you are on short- or long-term disability, please contact your case manager in advance to confirm coverage and/or funding. Additional fees will apply if your insurance provider/employer/case manager requires documentation from the clinician.

We do not have a sliding scale. Some DBT services are publicly funded and available through your local hospital and/or mental health centre. There are also some low cost DBT services available through other providers.

For more information, please call 604-569-1156 or email info@dbtvancouver.com.