

## DBT TEAMS OF THERAPISTS



Dialectical Behavior Therapy is designed to effectively treat pervasive emotion dysregulation. DBT teams provide fellow therapists with the necessary support to maintain the high level of motivation and skillfulness needed for successful treatment. The team members also help each other stay in the DBT frame with adherence to the Linehan model that has been established as an evidence-based practice.

In addition to the standard consultation teams, there are also DBT training teams that allow therapists interested in learning and applying DBT to begin to do so. These training teams have an intensively trained leader, meet monthly and are committed to learning effective, comprehensive DBT. Consultation teams are peer led by intensively trained members meeting several times each month.

## TADBiT LEADERSHIP TEAM

TADBiT is directed by a Leadership Team composed of intensively trained DBT clinicians. The Leadership Team makes decisions by consensus.

Founding Directors/Directors  
Emeritus: Meggan Moorhead, EdD  
Norma Safransky, MD

Co-Directors: Martha Golden, PsyD  
John Mader, LMFT

Director of Technology:  
Sammy Banawan, PhD

Director of Referrals:  
Noreen Esposito, EdD, PMHNP

More information can be found at:  
[triangleareadbtc.com/about/leadership-and-development-teams/](https://triangleareadbtc.com/about/leadership-and-development-teams/)

## Triangle Area Dialectical Behavior Therapy



A cooperative network  
of DBT therapists in  
the Triangle Area

## What is TADBiT?

Triangle Area DBT, or TADBiT, is a cooperative network of clinicians in the Triangle Area who are trained in Dialectical Behavior Therapy. Meggan Moorhead and Norma Safransky founded TADBiT in 1996 with the goal of promoting the use of Dialectical Behavior Therapy to treat disorders of emotion regulation in the Triangle (Raleigh, Durham, Chapel Hill, and surrounding counties) of North Carolina.

### TADBiT seeks to:

- promote comprehensive, evidence-based DBT individual therapy, skills groups, consultation teams, education and training to the community.
- build and maintain effective, respectful relationships with those we serve and with our colleagues in behavioral healthcare and education.
- respect the values and principles of DBT and promote the integrity of DBT in its complete form as an evidence-based practice.

## The Five Functions

In an effort to offer comprehensive DBT treatment, we promote five functions:

1. **Client capabilities** are enhanced through DBT skills training within skills group and individual psychotherapy sessions.
2. **Motivation is enhanced** in individual therapy.
3. **Generalization** of the skills to actual life situations is promoted in coaching calls, and occasionally in family interventions.



4. The **client's environment is structured** via consultation to the client, case management, DBT Family Skills Training or Teen-Parent groups and when necessary in family interventions.
5. **Therapists' capabilities and motivation** are enhanced in Consultation Team during meetings, email & listserv consultation, continuing education, as well as with adherence monitoring.

## [triangleareadbtc.com](http://triangleareadbtc.com) resources

**Therapist Directory** - The TADBiT Therapist Directory is a listing of local DBT therapists found at [triangleareadbtc.com/findatherapist](http://triangleareadbtc.com/findatherapist). While TADBiT cannot recommend any of the listed therapists, we simply want to provide a resource to make it easier for DBT therapists and clients to find each other. Each therapist in this directory states she or he is actively participating on a DBT Team and has, at a minimum, the two-day training in DBT. When relevant to the treatment needs, each therapist will be using behavior analyses, diary cards, and skills training to apply DBT (therapists in this directory are committed to providing the Five Functions of comprehensive DBT when that is best practice treatment).

**Skills Group Directory** – A listing of DBT skills groups offered by TADBiT Directory therapists is at [triangleareadbtc.com/dbt-groups](http://triangleareadbtc.com/dbt-groups).

**DBT Trainings** are offered at introductory and advanced levels. Therapists can also join a skills group as a participant-observer or participate in a skills group specifically for psychotherapists.