

# Dialectical Behavior Therapy (DBT) Program

At the University of Massachusetts



The Psychological Services Center's DBT Program provides state-of-the-art individual and group treatments for individuals with borderline personality disorder, trauma-related difficulties, addictive and impulsive disorders, including non-suicidal self-injury and substance abuse.

## Treatment Overview

DBT is a comprehensive evidence-based treatment for individuals suffering from difficulties managing their emotions, including those with borderline personality disorder, or difficulties with self-injury, disordered eating, or addictions.

Treatment begins with a thorough diagnostic evaluation, including current and past difficulties, as well as any previous treatments. Each client has their own tailored individual treatment plan developed through this evaluation and from partnering from the clients and referring treatment providers. Treatment in this clinic may include:

- 1) Group DBT (must have an individual provider)
- 2) Both individual and group DBT.

The DBT Program complements ongoing therapy provided by other clinicians or treatment centers. Progress is systematically assessed throughout treatment.



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## Our Staff

### Katherine L. Dixon-Gordon, Ph.D., Director

Dr. Dixon-Gordon is a licensed psychologist, and an Assistant Professor at the University of Massachusetts. She has been practicing DBT for 8 years. Dr. Dixon-Gordon received her B.Sc. in psychology from the University of Washington, where she worked for Dr. Marsha Linehan, the developer of DBT. She received her Ph.D. in clinical psychology from Simon Fraser University working with Dr. Alexander Chapman. She completed her clinical internship and postdoctoral fellowship at the University of Mississippi Medical Center, working at the Personality Disorders Research and DBT Clinic with Dr. Kim Gratz.

Her primary clinical interests are in the compassionate and evidence-based treatment of borderline personality disorder (BPD) and related problems, including self-injury, emotion regulation difficulties, substance use, and posttraumatic stress disorder (PTSD). She has extensive training in evidence-based cognitive behavioral treatments, including DBT for BPD and related conditions, prolonged exposure for PTSD, and motivational interviewing.

### DBT Providers

The DBT Program is also staffed by top-tier clinical psychology graduate students who are receiving training in DBT. These providers provide lower cost treatment services under the direct supervision of Dr. Dixon-Gordon.