

## **BPD Websites and Psychology Resources**

Please contact these organizations directly for any assistance. To obtain an appointment, you may require a doctor's referral.

### **A. ONTARIO NETWORK FOR BORDERLINE PERSONALITY DISORDER (ON-BPD)**

#### [ON BPD](#)

[Family Connections Program](#) – 12-week program designed to provide the adult family members and spouses of individuals with emotion dysregulation or BPD with knowledge and skills for their own well-being and for better understanding their loved one. (3-6 month wait list)

### **B. WEBSITES**

- a) [National Education Alliance \(NEA\) for Borderline Personality Disorder](#) - National US Organization with information and resources on BPD.
- b) [DBT Self Help](#) – Resources for individuals who have been through DBT
- c) [BPD Family](#) – On-line support group for family members of individuals suffering from BPD.
- d) [The Linehan Institute](#) – Founders of DBT - [DBT On-line training](#) (US - fee based)
- e) [BPD Demystified](#) – BPD Resources
- f) [BPD Resource Center](#) – NY Presbyterian
- g) [Get Self Help](#) – online resources for DBT
- h) [Helpguide](#) – Explanation and information on BPD

### **C. PODCAST**

[DBT Skills for All](#), Charlie Swenson, To Hell and Back (6 episodes)

### **D. APPS – available to mobile device users (download from app store)**

- a) DBT911
- b) DBT Diary Card and Skills Coach (\$)
- c) Simple DBT Skills Diary Card
- d) DBT Trivia and Quiz

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### **E. NATIONAL CAPITAL REGION DBT PSYCHOLOGISTS AND PROGRAMS**

\*Note: Wait times may change and are current as of the date published

a) [Ottawa Academy of Psychology](#)

Provides list of all psychologists in Ottawa region

- Under “areas of practice” select “Trauma/Loss/Grief – select “Borderline Personality Disorder”

b) [Psychology Today](#)

Provides list of therapists in Ottawa who treat BPD

c) [Ottawa River Psychology Group](#) – wait time 1 week

Psychologists offering DBT

Phone: 613 656-3331

Email: [info@ottawariverpsychology.com](mailto:info@ottawariverpsychology.com)

d) [Centre for Mental and Psychological Health](#) – wait time for individual therapy – 1 week, group sessions held on a regular basis

Individual and group DBT therapy.

Phone: 1-888-691-6111

Email: [cmaphealth@hushmail.com](mailto:cmaphealth@hushmail.com)

e) [Precision Medical Center](#) – Psychological Service Unit – wait time 1 week

[Ade Ahmed](#), Registered Psychotherapist, MACP, Pg.Dip., MBA, OACCPP , (C)

Phone: 613-703-0187 x226

Email: [info@precisionmedic.ca](mailto:info@precisionmedic.ca)

f) [Terrace Wellness Group](#) – wait time 2-4 weeks

Psychotherapists offering DBT.

Phone: 613-831-1105

Email: [admin@terraceyouth.ca](mailto:admin@terraceyouth.ca)

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- g) [Centre for Cognitive Therapy](#) – Jane Blouin Group – wait time 2 months

Psychologists offering DBT. Prefers initial contact via email.

Phone: 613-729-0801

Email: [admin@ocbt.ca](mailto:admin@ocbt.ca)

- h) [Royal Ottawa Mental Health Centre](#)

DBT Youth program – 15-18 years

Phone: 613-737-2496 or 1-866-737-2496 or 613-722-6521, ext. 6275.

- i) [Centre for Psychological Services and Research](#) (CPSR) – wait time 1-3 months

University of Ottawa

Services provided by doctoral students in the clinical psychology program in the School of Psychology at the University of Ottawa.

Phone: 613-562-5289

Email: [cpsr@uOttawa.ca](mailto:cpsr@uOttawa.ca)

- Free initial assessment with sliding scale based on income
- Adult assessments to determine diagnosis – wait time 1-3 months
- Individual DBT therapy – wait time 3-4 months (must be diagnosed)

- j) [Center for Pediatric Excellence](#) – wait time 1-2 months

Psychologist offering DBT for adolescents and young adults

Dr. James Brazeau, C. Psych

Phone: 613 854 9694 or 613-726-7355

- k) [Dr. Zohar BenDavid-Streiner, Ph.D., C.Psych.](#) – wait time 1 month

Psychologist offering DBT

Ottawa West Professional Services

Phone: 613-321-0915 Ext: 1

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- l) [Dr. Jill Firestone, Ph.D., C.Psych](#) – wait time 1-2 months

Psychologist offering DBT

Phone: 613-319-8000

- m) [Michelle Aziz](#), Clinical Social Work/Therapist, SSW, BSW, MSW, RSW – wait time 2 months

Offers individual and group DBT therapy.

Phone: 613-703-0662

[Facebook](#)

- n) [Paul Leblanc](#), Clinical Social Work/Therapist, MSW, RSW – wait time 3 months

Psychologist offering DBT.

Phone: 613-233-6766

Email: [Paul-leblanc@rogers.com](mailto:Paul-leblanc@rogers.com)

- o) [Eastern Ontario Psychological Centre / Centre psychologique de l'Est d'Ottawa](#) – wait time 3 months

Psychologists providing group and individual DBT sessions in English and French

Phone: 613-424-5700

Email: [info@cpeottawa.ca](mailto:info@cpeottawa.ca)

- p) [Ottawa Institute of Cognitive Behavioural Therapy](#) – wait time 3-5 months

Offers DBT group and individual therapy sessions, which must be taken together.

Phone: 613-820-9331

Email: [info@oicbt.ca](mailto:info@oicbt.ca)

Must complete an [intake form](#). Once form is completed, you should hear back from someone within 2 weeks. At this time, there will be a free screening session, which will be done over the phone.

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- q) [Dr. Gordana Eljdupovic](#), C.Psych. – wait time 3-4 months

Psychologist offering DBT

Phone: 613-404-5416

- r) [Gilmour Psychological Services](#) – wait time 6 months

Psychologist offering DBT.

Phone: 613-230-4709

Email: [info@ottawa-psychologists.com](mailto:info@ottawa-psychologists.com)

- s) [St. Paul University](#) - wait time 3-6 months+

Services provided by Masters of Arts in Counselling and Spiritually students in process of becoming registered psychotherapists. Supervised by a registered psychotherapist.

- DBT therapy
- Initial free telephone assessment / sliding scale based on income

Phone: 613 782 3022

- t) [Hôpital Montfort](#) – wait list – 1 year

12 week skills training for those with BPD

Phone: 613-746-4621 x 3909

- u) [Canadian Mental Health Association, Ottawa Branch](#) - not offering any courses at this time

Offers a DBT program for CMHA clients – Refer to [Client eligibility form](#)

Nathalie Hutcheon, Manager of Education and Training

Phone: 613 737-7791

Email: [nhutcheon@cmhaottawa.ca](mailto:nhutcheon@cmhaottawa.ca)

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- v) [Ottawa Civic Hospital](#) – program closed to new referrals

DBT Lite program – 21-week skills group for individuals with BPD. It is designed to complement the treatment participants are already receiving from hospital or community therapists. Psychologist referral required.

Phone: 613-798-5555 14638

### **F. SUPPORT GROUPS AND EDUCATION**

- a) [National Alliance on Mental Illness](#) (NAMI) - Provides education and support to caregivers of people with a serious mental illness.
- b) [Psychiatric Survivors of Ottawa](#) (PSO) – Offers family and peer support programs, including free workshops.
- c) [Mood Disorders Ottawa](#) (MDO) – Support groups, programs and events for those with mood disorders
- d) [Parents' Lifelines of Eastern Ontario](#) (PLEO) - Support organization for families whose children, youth or young adults up to age 24 are dealing with mental health issues.
- e) The [Royal Ottawa Health Care Group](#) (ROH) - Family Information Education and Groups

### **G. QUEBEC BPD, DBT AND MENTAL HEALTH ORGANIZATIONS**

- a) [Sashbear](#) – Non-profit BPD support organization offering Family Connections in French and English across Canada
- b) [Ami-Quebec](#) – Montreal - Non-profit with mission to help families manage effects of mental illness. Offers courses in English
- c) [Centre hospitalier Pierre-Janet](#) – Outaouais - Psychiatric Institution for teaching and research.
- d) [L'Apogee](#) – Gatineau – Non-profit with mission to improve quality of life for families and friends of those with mental health disorder
- e) [ALPABEM](#) – Laval - Mental Health support organization - Workshops and support groups in English. Counselling to family caregivers in French.

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- f) [AQPAMMA](#) - various resources
- g) [McGill University](#), Department of Psychiatry - Montreal - Dr. Joel Paris or Dr. Ronald Fraser

### **H. INPATIENT PROGRAMS**

- a) [CAMH](#) - Centre for Addictions and Mental Health – Toronto
- b) [Homewood](#) - Guelph
- c) [St. Joseph's Healthcare](#) – Hamilton
- d) [Venture Academy](#) for teens - Barrie

### **I. BOOKS - some books may be available at the [Ottawa Public Library](#)**

#### **a) ENGLISH**

- [DBT Skills Training: Manual](#)
- [DBT Skills Training Handouts and Worksheets](#)
- [The DBT Therapy Skills Workbook](#)
- [Coping with BPD: DBT and CBT Skills to Soothe the Symptoms of Borderline Personality Disorder](#)
- [Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship](#)
- [Stop Walking on Eggshells: Taking your Life Back When Someone You Care about Has Borderline Personality Disorder](#)
- [Back to Life, Back to Normality: Cognitive Therapy, Recovery and Psychosis](#)
- [Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change](#)
- [Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You In Control](#)

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- [The Buddha and the Borderline](#): My recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism and Online Dating
- [New Hope for People with Borderline Personality Disorder](#)
- [The Borderline Personality Disorder Survival Guide](#): Everything You Need to Know About Living with BPD
- [Sometimes I Act Crazy](#): Living with Borderline Personality Disorder
- [Understanding the Borderline Mother](#)

### **b) FRENCH**

- [Vivre Avec Un Proche Impulsif, Intense, Instable](#): Guide D'espoir
- [Le manuel du Borderline](#), Martin Deseilles

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