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**February 20th 2020: Dialectical Behavior
Therapy (DBT) with Dr. Kelly Koerner**

If you've been in therapy (or know someone who has), it's likely you've at least heard of Dialectical Behavior Therapy, or DBT. That's because it's outrageously effective for treating many different issues. And today, we have Dr. Kelly Koerner here to talk to us about DBT and help you decide if it would be helpful for you.

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Featured Guest



Kelly Koerner

Kelly Koerner is CEO of Jaspr Health, whose tablet-base application helps speed risk assessment and crisis stabilization for people in suicide crisis in the emergency room. She's an expert in dialectical behavior therapy and other treatments for people with complex problems and worked with Marsha Linehan for many years.

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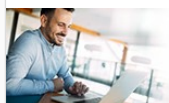
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