

## **Behavioral Tech, LLC Trainer Biosketch**

Elizabeth Dexter-Mazza, Psy.D., received her undergraduate degree from Florida State University and her doctoral degree from the School of Professional Psychology at Pacific University in 2004. She completed her predoctoral internship at the Albert Einstein College of Medicine/Montefiore Medical Center's Adolescent Depression and Suicide Program under the directorship of Dr. Alec Miller. Dr. Dexter-Mazza completed her postdoctoral fellowship under the direction of Dr. Marsha Linehan at the Behavioral Research and Therapy Clinics (BRTC) at the University of Washington. While at the BRTC, Dr. Dexter-Mazza was the Clinical Director and a research therapist for Dr. Linehan's research studies, which provided both individual DBT and DBT group skills training. Her clinical experience and training with DBT focuses on treatment for adult and adolescent populations along with family members. Dr. Dexter-Mazza's primary research focuses on the development and evaluation of effective training programs for mental health professionals working with suicidal clients. She has published several book chapters and peer reviewed articles on DBT, Borderline Personality Disorder (BPD), and graduate school training in how to manage suicidal clients. Dr. Dexter-Mazza maintains a private practice in Seattle, providing individual DBT to people with BPD and skills based coaching and support to family members and friends of individuals with BPD. Additionally, Dr. Dexter-Mazza is a trainer for Behavioral Tech, LLC, a training company that provides DBT trainings to mental health professionals around the world. She is licensed as a psychologist in the state of Washington.