

Behavioral Tech, LLC Trainer Biosketch

Heidi L. Heard
St. Louis, Missouri

Heidi L. Heard received her doctorate degree from the University of Washington, where she specialized in personality disorders and Dialectical Behavior Therapy. Over the years, she has written numerous theoretical and empirical articles on and conducted extensive training in DBT. After attending the University of Washington and completing an internship at McLean Hospital, Dr. Heard worked at the University of Wales in Great Britain where she conducted research on borderline personality disorder. She also became the director of British Isles DBT Training, through which she provided introductory and advanced training, consultation and supervision to a wide variety of treatment settings throughout Britain and in other European countries. Dr. Heard has recently moved to St. Louis, where she divides her time between providing clinical supervision and continuing her role as the director of British Isles DBT Training. Her current research focus is on the cost-effectiveness of DBT.