

Behavioral Tech, LLC Trainer Biosketch

Dr. Jennifer Sayrs received her BS at the University of Washington and her PhD at the University of Nevada, Reno, where she studied Dialectical Behavior Therapy (DBT) and behavioral theory. She then served as a postdoctoral fellow with Dr. Marsha Linehan at the University of Washington, where she was clinical coordinator of Dr. Linehan's DBT research clinic. She has served as a research therapist on three DBT clinical trials and as DBT adherence coder on two trials. She is a trainer for Behavioral Tech, providing a wide range of DBT workshops in the US, Canada, United Kingdom, and Australia. She provides DBT to adults, adolescents, and couples. She also has extensive training and experience in treating anxiety disorders (including generalized anxiety disorder, social phobia, panic disorder, and PTSD), depression, substance dependence, body dysmorphic disorder, and body-focused repetitive disorders (trichotillomania and skin-picking). Dr. Sayrs is a founding member of the Evidence Based Treatment Centers of Seattle, where she spent seven years as Director of Clinical Training. She is now Director of the DBT Center of Seattle, as well as a therapist for the Anxiety and Stress Reduction Center of Seattle. Her research focuses on the effectiveness of evidence-based treatments in a clinic setting. Dr. Sayrs is licensed as a psychologist in the state of Washington.