

Behavioral Tech, LLC Trainer Biosketch

Jan Watts, M.A., completed intensive training in DBT in 1993. From 1994-1997, she was the director of a DBT program in Vermont and taught introductory courses on DBT to community mental health teams throughout the state. In 1997, Ms. Watts returned home to the United Kingdom and served as a psychotherapist and consultant to a DBT program in Leeds. She also consulted to DBT teams throughout northern England. Since returning to Vermont in 1998, Ms. Watts has had a private practice where she offers DBT treatment, assists in the development of DBT teams throughout southern Vermont, and continues as a long-distance member of a British Isles DBT team. Her main interests are cross-cultural applications of DBT and development of consultation teams.