



InsightDBT

EMPOWERING CHANGE, ONE STEP AT A TIME.



OUR TEAM

InsightDBT is led by Michael Hartman, LMHC-D, an experienced DBT therapist dedicated

to helping clients build emotional resilience. Our team provides compassionate, evidence-based care in a supportive environment.



Scan to learn more about our program

WHAT IS INSIGHT DBT?

Insight DBT is a specialized therapy practice dedicated to providing Dialectical Behavior Therapy (DBT) to individuals seeking balance, emotional regulation, and meaningful change. Our evidence-based approach helps clients develop practical skills to navigate life's challenges with confidence and resilience.

WHY CHOOSE INSIGHT DBT?

- ◆ **Experienced & Compassionate Therapists** – Our clinicians are intensively trained in DBT and committed to client growth.
- ◆ **Comprehensive Treatment** – We offer full DBT programs, including skills groups and coaching.
- ◆ **Evidence-Based Approach** – DBT is backed by decades of research and proven effectiveness.
- ◆ **A Supportive Environment** – We create a safe space for clients to explore, heal, and thrive.

We offer both comprehensive and adapted DBT programs for **adults, teens, and families** to ensure accessibility and effectiveness for a range of client needs.

SERVICES WE OFFER

At Insight DBT, we provide comprehensive and flexible Dialectical Behavior Therapy services designed to meet the unique needs of each client. Our offerings include:

◆ INDIVIDUAL THERAPY

One-on-one sessions focused on personal goals and challenges.

◆ SKILLS TRAINING GROUPS

Teaching practical skills in four key areas: Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness.

◆ PHONE COACHING

Support between sessions for real-life application.

◆ CONSULTATION TEAM

Our therapists participate in regular consultations to ensure treatment fidelity and maintain high-quality care.

INSURANCE

At Insight DBT, we are an out-of-network provider. Upon request, we can provide superbills for clients to submit to their insurance companies for reimbursement.

Contact Us



516-202-5247



<https://insightdbt.com>



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