Biography: Alexander L. Chapman, Ph.D

Alexander L. Chapman, Ph.D., is a professor, director of clinical training, and clinical science area coordinator in the Department of Psychology at Simon Fraser University and a licensed psychologist. He is also president and co-founder of the DBT Centre of Vancouver. He holds a B.A. from UBC and an MS and PhD in clinical psychology from Idaho State University, and he completed his predoctoral internship at Duke University Medical Center. After a postdoctoral fellowship at the University of Washington with Dr. Marsha Linehan (developer of DBT), he joined SFU in 2005, where he established the Personality and Emotion Research Laboratory (PERL).

Dr. Chapman's research focuses on complex mental health challenges characterized by emotion regulation difficulties, such as borderline personality disorder (BPD), self-injury, and related areas. He has secured extensive grant funding for translational and treatment outcome research, including one of the largest published randomized trials of DBT, comparing 6- to 12-months of comprehensive, standard DBT. He has published many scientific articles and book chapters as well as several books on DBT, BPD, and related topics.

Dr. Chapman serves on the Linehan Board of Certification's Test Writing Committee, has served as Certification Chair for the Canadian Association for Cognitive and Behavioural Therapies (CACBT), and is Linehan-Board Certified in DBT and CACBT Certified in CBT. Dr. Chapman also has received awards for his contributions to the field and is a Fellow of the CACBT and the Association of Behavioral and Cognitive Therapies. Dr. Chapman enjoys training and consulting with clinicians and students regarding evidence-based practices, such as DBT, to address complex mental health concerns. Dr. Chapman also provides both individual DBT and group DBT skills training in his practice. He enjoys helping clients to solve problems in living, learn new coping skills, achieve their goals, and build lives that are fulfilling. Outside of his professional pursuits, Dr. Chapman has practiced mindfulness and martial arts for many years and enjoys outdoor activities, reading, and spending time with his family.

Some recent publications include:

- Zhang, Y., Chen, S. X., Smit, M., & Chapman, A. L. (2025). **Feasibility and efficacy of brief DBT intervention for adults with borderline personality disorder/traits: A systematic review**. *Personality and Mental Health*, *19*(4), e70034.

- McMain, S. F., Chapman, A. L., Kuo, J. R., Dixon-Gordon, K. L., Guimond, T. H., Labrish, C., ... & Streiner, D. L. (2022). **The effectiveness of 6 versus 12 months of dialectical behavior therapy for borderline personality disorder: a noninferiority randomized clinical trial.** *Psychotherapy and psychosomatics*, *91*(6), 382-397.

- Chapman, A. L., & Gratz, K. L. (2023). **The Dialectical Behavior Therapy Skills Workbook for Shame: Powerful DBT Skills to Cope with Painful Emotions and Move Beyond Shame**. *New Harbinger Publications.*

- Christensen, K. E., McMain, S., Chapman, A., & Kuo, J. R. (2025). **An examination of the role of PTSD and childhood trauma on treatment outcomes for individuals with borderline personality disorder in dialectical behavior therapy**. *Borderline Personality Disorder and Emotion Dysregulation*, *12*(1), 47.

- Chapman, A. L., & Rosenthal, M. Z. (2016). **Managing therapy-interfering behavior: Strategies from dialectical behavior therapy**. *American Psychological Association.* *https://doi.org/10.1037/14752-000*