

Build a life worth living – with Marsha.



What is WithMarsha?

WithMarsha is an **AI-guided DBT practice companion** that helps clients strengthen mindfulness, emotion regulation, and distress tolerance skills between sessions. It's **not therapy or crisis intervention** — it's an educational, structured environment for skill rehearsal and reflection.

Developed by [GTM Bot Inc](#), a group of DBT practitioners and AI engineers, WithMarsha was built from lived experience with DBT to help others maintain daily skill practice.

Ethics

Principle	What It Means	How WithMarsha Supports It
Not a therapeutic service	Marsha provides skills education, not treatment or advice.	Every interaction contains disclaimers and redirections to crisis lines when needed.
Client autonomy	Clients choose when and how to engage.	No therapist oversight or real-time monitoring.
Data privacy	Personal information is protected and de-identified.	Encrypted at rest and in transit; no PHI stored or sold.
Boundaries preserved	Keeps skill practice separate from treatment notes.	Designed for self-use between sessions only.

Best Practices

WithMarsha is a digital practice coach that helps you apply DBT skills in real life. It won't replace therapy — it just makes daily practice easier.

1. Offer it as an *optional adjunct* for clients who already understand DBT basics.
2. Encourage clients to log emotions and practice one skill daily.
3. Review their self-observations verbally — not chat logs — during sessions.
4. Reinforce autonomy: the app belongs to them, not the therapist.

Data Security

WithMarsha exceeds consumer app standards for privacy and reliability.

- **TLS 1.3 encryption** for all network communication
- **Row-Level Security (RLS)** and strict database isolation
- **Zero PHI or PII** used for model training
- **Crisis-safe AI** with automatic redirection to emergency resources
- **User-controlled deletion** and anonymization
- **A+ Qualys SSL rating** with full HSTS and OCSP stapling

While not a HIPAA-covered entity, WithMarsha follows comparable technical safeguards.

Evidence Base

WithMarsha's design is informed by peer-reviewed research on digital DBT skill generalization and mobile adjuncts to therapy:

1. Linardon J. et al. (2024). [A Dialectical Behavior Therapy Skills Training Smartphone App: Feasibility and Outcomes](#). PMC11773374.
2. Wilks C.R. et al. (2021). [A Systematic Review of DBT Mobile Apps for Content and Usability](#). *BPD and Emotion Dysregulation*, 8(1).
3. Ramzan N. et al. (2025). [The DBT Coach App as an Adjunct to a Comprehensive DBT Programme for Adolescents](#). *The Cognitive Behaviour Therapist*.
4. Daros A.R. et al. (2024). [Self-guided iDBT Intervention in Treatment-Seeking Adults](#). *JMIR Mental Health*.
5. Schroeder J. et al. (2018). [Pocket Skills: A Conversational Mobile Web App to Support DBT](#). *CHI Proceedings*.

Why Participate?

- Gain early access to the clinician beta
- Provide feedback on AI skill modeling and ethical boundaries
- Help shape responsible use of AI in mental-health education
- Receive optional recognition in our contributor acknowledgments

Request Access

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Educational companion for DBT skill practice. Not a replacement for therapy or medical care.

Questions: legal@withmarsha.app | [For Therapists](#)