

# **HEALTH & WELLNESS IOP**

**INTENSIVE OUTPATIENT PROGRAM**

## **24 GROUP SESSIONS DESIGNED TO HELP:**

- Increase Health and Wellness
- Develop Healthy Coping Skills
- Effective Return to Work or School
- Decrease Medical/Psychiatric Management
- Increased Coping With Acute/Chronic Health Issues
- Manage Chronic Pain
- Improved Sense of Self/Self Esteem
- Regulate Emotions
- Tolerate Distress
- Increase Mindfulness
- Be More Effective Interpersonally

**Tuesday, Wednesday, Friday Afternoons 1 PM to 4 PM**

***\*This is a Virtual Program\****

**Dr. John A. Glovan, Psy.D.**

**8224 Mentor Ave. #208 Mentor, OH 44060**

**Phone: 440-392-2222 ext. 302 Fax: 440-565-2349**

**[jglovan@behavioralwellnessgroup.com](mailto:jglovan@behavioralwellnessgroup.com)**

**[www.behavioralwellnessgroup.com](http://www.behavioralwellnessgroup.com)**

## **Core Topics**

- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Interpersonal Effectiveness
- Distress Tolerance
- Spirituality and Gratitude
- Emotion Regulation Skills
- Mindfulness
- Goal Setting and Time Management
- Decision Making
- Self Esteem

This Life Skills group is meant to help adults 18 and over improve the quality of their lives by focusing on health and wellness. It would be appropriate for those with a significantly altered lifestyle as a result of an acute or chronic medical condition, medical disability or work-related injury as well as those with depression, anxiety or chronic pain. This is an open ended group and can be started at any time. Copays and deductibles are due at each session. If there is no insurance, payment arrangements must be made in advance.

Please call **Dr. Glovan** at **440 392 2222 Ext. 302** for an initial assessment