

DIALECTICAL BEHAVIORAL IOP

INTENSIVE OUTPATIENT PROGRAM

STRUGGLING WITH INTENSE EMOTIONS?

- DEPRESSION
- ANXIETY
- BIPOLAR DISORDER
- TRAUMA OR ABUSE SURVIVOR
- PERSONALITY DISORDERS
- CONSTANT NEGATIVE THOUGHTS
- ISOLATION DUE TO SYMPTOMS
- SELF HARMING BEHAVIORS, OR THOUGHTS

Eight-Week Program
Monday, Tuesday, Thursday 9:30 AM to 12:30PM

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

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Core Topics

- **Emotion Regulation-** Learn skills to manage difficult or intense emotions
- **Interpersonal Effectiveness-** Skills to build healthy relationships and self-respect
- **Distress Tolerance-** Cope with difficult situations without making it worse
- **Mindfulness-** Take hold of your own mind, the gateway to effective, enjoyable life
- **Buld Mastery-** Feel competent and in control
- **Cognitve Behavioral Therapy-** Learn tools to battle common negative thinking

This evidence based program is for adults 18 and over with symptoms that are disruptive to their lives. This program can be started at any time. The skills are taught in an accepting, non-judgmental, validating environment. Formulate your life worth living!

Please call **Cathy Knezevich** at **440-392-2222 Ext. 304** for an initial assessment