

# **EVENING ADULT MENTAL HEALTH IOP**

## **INTENSIVE OUTPATIENT PROGRAM**

### **24 Group Sessions Designed to Help:**

- Develop Healthy Coping Skills
- Balance Mood
- Improve Outlook on Family of Origin Issues
- Regulate Emotions
- Increase Interpersonal Effectiveness
- Reduce Trauma Symptoms
- Increase Self-Esteem
- Improve Mindfulness

**Monday, Tuesday, Thursday Evenings 6PM to 9PM**

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

### **Stephanie Cerula, LPCC**

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### **Core Topics**

- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Interpersonal Effectiveness
- Distress Tolerance
- Emotional Regulation Skills
- Mindfulness
- Goal Setting and Time Management
- Self-Esteem
- Family of Origin

This evidence based program is for adults 18 years-old and over with mood symptoms that are disruptive to their lives. The program can be started anytime and is taught in an accepting and non-judgmental environment.

Please call **Stephanie Cerula** at **440 392 2222 Ext. 404** for an initial assessment