

# **IN-PERSON DBT MENTAL HEALTH IOP**

## ***INTENSIVE OUTPATIENT PROGRAM***

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

- Develop Healthy Coping Skills
- Balance Mood
- Reframe Negative Thoughts
- Regulate Emotions
- Improve Self-Management of Symptoms
- Increase Interpersonal Effectiveness
- Reduce Trauma Symptoms - including Suicidal Ideation
- Build Self-Esteem
- Improve Mindfulness
- Improve Awareness

**Monday, Wednesday, Thursday Evenings 4:30PM to 7:30PM**

***\*This is an In-Person Program\****

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### **Core Topics**

- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Distress Tolerance
- Emotional Regulation Skills
- Mindfulness
- Healthy Relationships and Interpersonal Effectiveness
- Cognitive Distortions
- Building Self-Esteem and Intrapersonal Skills

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 contact Genna Weinberg at **440 392 2222 EXT 802** for an initial assessment