

DAYTIME MENTAL HEALTH

DIALECTICAL BEHAVIORAL THERAPY
INTENSIVE OUTPATIENT PROGRAM

24 SESSION

VIRTUAL PROGRAM

MONDAYS, TUESDAYS, AND THURSDAYS
9:30 AM to 12:30PM EST



**CATHY KNEZEVICH, M.ED., PCC LPCC, IOP
FACILITATOR**



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DEMOGRAPHIC

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 a life worth living!



HELPS:

- Manage Depression
- Manage Anxiety
- Manage Bipolar Disorder
- Trauma or Abuse Survivors
- Personality Disorders
- Manage Constant Negative Thoughts
- Manage Social Isolation
- Self Harming Behaviors or Thoughts



CORE TOPICS

This program will offer tools using DBT and CBT skills to improve emotion regulation, interpersonal effectiveness, distress tolerance, mindfulness and build mastery.



COST

Please contact us about which insurances we can accept. Copays and deductibles are due at each session. We also offer self-pay options that include prearranged payment plans.

This virtual Dialectical Behavioral Therapy (IOP) is an evidence-based program for adults with disruptive mood symptoms. The program can be started anytime and is taught in an accepting, validating and non-judgmental environment.



www.behavioralwellnessgroup.com



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