



EVENING ADULT MENTAL HEALTH

DBT INTENSIVE OUTPATIENT PROGRAM

24 SESSION

VIRTUAL PROGRAM

**MONDAYS, TUESDAYS, AND THURSDAYS
6PM TO 9PM EST**

**STEPHANIE CERULA, LPCC,
IOP FACILITATOR**



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DEMOGRAPHIC

For adults 18 years and older with mood symptoms that are disruptive to their lives.



HELPS:

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



CORE TOPICS

This program will offer tools using DBT and CBT skills to improve emotion regulation, personal responsibility, decision making and interpersonal effectiveness.



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 program is for clients who may be struggling with intense emotions, depression, anxiety, bipolar disorder or trauma history. Candidates for this group are often people who have been isolating, lack motivation, or feel hopeless. The program is for adults needing evening hours or after school/work hours and can be started anytime. Clients are taught in an accepting and non-judgmental environment.



www.behavioralwellnessusa.com



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