

HEALTH AND WELLNESS

MEDICAL - PAIN - MENTAL HEALTH
INTENSIVE OUTPATIENT PROGRAM

24 SESSION

VIRTUAL PROGRAM

**TUESDAYS, WEDNESDAYS, AND FRIDAYS
1PM TO 4PM EST**



**JOHN GLOVAN, PSYD
IOP FACILITATOR**

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DEMOGRAPHIC

For adults 18 years and older with a significantly altered lifestyle as a result of an acute or chronic medical condition, medical disability or work-related injury as well as those with depression, anxiety and chronic pain.



HELPS:

- Health and Wellness
- Develop Healthy Coping Skills
- Effective Return to Work or School
- Decrease Medical/Psychiatric Management
- Increased Coping With Acute/Chronic Pain & Other Health Issues
- Improved Sense of Self/Self Esteem
- Regulate Emotions
- Tolerate Distress



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 evidenced based program combines Dialectical Behavioral Therapy (DBT) cognitive therapy. If one is struggling with several aspects of their life, the Health and Wellness IOP can help. It is a resource to learn and practice new tools and skills in a supportive, safe environment.