





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



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.



CORE TOPICS

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



jglovan@behavioralwellnessgroup.com



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



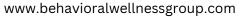
COST

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.









888-996-9374 or 440-392-2222 EXT 302