

IN-PERSON DBT MENTAL HEALTH

INTENSIVE OUTPATIENT PROGRAM

24 SESSION

IN-PERSON PROGRAM

MONDAYS, WEDNESDAYS, AND THURSDAYS
4:30PM TO 7:30PM EST



**GENNA WEINBERG, LPCC,
IOP FACILITATOR**



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DEMOGRAPHIC

Adults 18 years old and over who may be struggling with past trauma, interpersonal relationships, emotion dysregulation, distress tolerance, and related mental health issues.



HELPS:

- Develop Healthy Coping Strategies
- Regulate Emotions
- Improve Relationships through Interpersonal Effectiveness
- Reduce Trauma Symptoms
- Decrease Suicidal Ideations and/or Self-Harming Behaviors
- Build Self-Esteem, and Abilities to Implement Skills in Order to Cope During a Distress



CORE TOPICS

This program will offer tools using DBT and CBT skills to improve distress tolerance, emotion regulation, mindfulness, relationships, self-compassion, challenge negative thoughts and more.



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 In-Person 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 and non-judgmental environment.



www.behavioralwellnessgroup.com



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