

Dialectical Behavioral Therapy Intensive Outpatient Program (IOP)

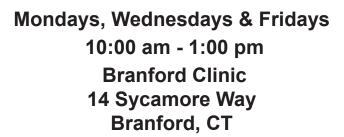
Our DBT IOP utilizes the evidenced based practice of **Dialectical Behavioral Therapy** to provide treatment to clients struggling with emotion regulation, distress tolerance and interpersonal issues. The group primarily serves those with a Borderline Personality Diagnosis but is open to other clients as well who may be appropriate.

BHcare

A Certified Community Behavioral Health Clinic

IOP Goals:

- Utilize the DBT manual as written by Dr. Marsha Linehan to teach mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.
- Work with IOP team to create recovery plans that align with your goals.
- Develop skills to use in all areas of your life to support lasting wellness.



Call (203) 800-7177 or visit BHcare.org to learn more.