

# We are here to help.



## Evening Professionals Intensive Outpatient Program (IOP)

Our Evening Professional's IOP utilizes evidenced-based practices of Dialectical Behavioral Therapy, Cognitive Behavioral Therapy and Motivational Interviewing to provide treatment to clients struggling to balance work, interpersonal relationships, life stressors, trauma, vicarious trauma, substance misuse and mental health. Trauma therapies of EMDR and Accelerated Resolution Therapy are also available. This program is designed for all types of working professionals including first responders and medical professionals.

### IOP Goals:

- Understand mental health symptoms and signs of stress
- Improve relationships, increase coping skills to manage stressors both in and out of work, identify leisure activities and develop skills to use in all areas of your life to support lasting wellness



**Tuesdays, Wednesdays & Thursdays**

**4:30 pm - 7:30 pm**

**Branford Clinic**

**14 Sycamore Way**

**Branford, CT**

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