

We are here to help.



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.

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.



Mondays, Wednesdays & Fridays
10:00 am - 1:00 pm
Branford Clinic
14 Sycamore Way
Branford, CT

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