



Dialectical Behavioral Therapy IOP

About the Program:

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.

Program 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.

IOP Details

Meets: Monday,
Wednesday, Friday

Time:
10 AM - 1 PM

Location:
28 Branford Rd.
North Branford, CT 06471

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



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28 Branford Rd. North Branford, CT 06471