



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: Mondays,
Wednesdays & Fridays

Time:
9 AM - 12 PM

Location:
435 East Main St.
Ansonia, CT

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



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435 East Main St. Ansonia, CT