

RESTORE TO WELLNESS GRADUATE STUDENT

Intensive Outpatient Evening Program (IOP)

This **Intensive Outpatient Program (IOP)** is an intensive, short term program that aims to decrease disruptive symptoms, reduce problem areas, and provide skills for more effective coping through a combination of process group therapy, psychoeducation, and psychiatric services

Monday, Wednesday, Thursday evenings
from 6:00pm-9:20pm

*Complimentary dinner served at 5:30pm



The Restore to Wellness graduate student group offers an opportunity for students currently enrolled in a graduate program or taking a temporary leave of absence from school to receive intensive support with managing challenges commonly associated with participation in rigorous academic programs. This Intensive Outpatient Program incorporates skills informed by Dialectical Behavioral Therapy (DBT) and Cognitive Behavioral Therapy (CBT) in a group setting, and aims to equip participants with effective stress management strategies, the ability to effectively recognize and respond to feelings to reduce emotional distress, and skills for challenging beliefs and schemas that negatively impact thoughts, feelings, and the way we relate to ourselves and others.

Services Include:

- Initial intake assessment
- Psychiatric evaluation & follow up appointments
- 2 hours of process group therapy per evening
- 1 hour of psychoeducation group per evening
- Nursing assessment & medical evaluation
- After care planning & referrals
- Communication & collaboration with referring school, therapist, doctor, or other individual

Seeks to Improve:

- Anxiety
- Relationship issues
- Depression
- Stress
- School-related issues
- Negative thoughts
- Self-esteem
- Concentration
- Focus
- Academic pressure
- Behavioral problems
- Mood disorders