

ADOLESCENT IOP

INTENSIVE OUTPATIENT PROGRAM

24 GROUP SESSIONS DESIGNED TO HELP:

- Recognize personal strengths and problem areas
- Develop healthy coping skills
- Identify, challenge, and modify negative thoughts and beliefs
- Address transitions in life
- Improve the ability to problem-solve
- Change destructive behavior patterns
- Improve communication skills
- Develop an effective aftercare plan
- Set immediate and long-term goals

****Offering Virtual Sessions****

Tuesday and Thursday Evenings 5 PM to 8 PM
Saturday Mornings 11 AM to 2 PM

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Core Topics:

- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy -Mindfulness
- Emotion Regulation Skills
- Personal Responsibility
- Decision Making
- Interpersonal Effectiveness

The Adolescent Outpatient Program (IOP) is designed for patients 12 to 17 years old who may be struggling with depression, anxiety, mental illness, or emotional problems that significantly impact their ability to carry out their daily lives and may be putting themselves or others at risk for harm. The program offers young people opportunities to learn effective ways to manage life changes and set the stage for success in future endeavors.

*****Contact us for payment information*****