



11 Welden Drive
Doylestown, PA 18901

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Intensive Outpatient Programming (IOP)-DOYLESTOWN

IOP consists of four- two hour time blocks plus once weekly individual sessions for a total of 9 hours per week. The group will cover a variety of topics and will last 16 weeks. Depending on the individual's progress, they may be continued for another cycle of IOP or step down to one of the two tiers of general outpatient (Tier 1 = 6 and Tier 2 = 3 hours of group per week) plus one individual.

<i>Group Schedule</i>	Monday, Tuesday, Wednesday and Thursday	6pm-8pm
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Monday- Relapse Prevention and Recovery-6pm-8:15pm

This is a two hour process group that will identify the individual's Stage of Change and use Motivation Interviewing to increase motivation to change. The group will process general topics for recovery including ways to deal with everyday life stressors using DBT, Mindfulness and Meditation. Additionally, relapse triggers and prevention will be addressed.

Tuesday-Creative Expressions-6pm-8:15pm

This is a two hour group that will encompass journaling, music, adult coloring, etc. to manage stress, anxiety, and various other emotions as they come up in the recovery process.

Family Group Therapy is available for family members on the 1st and 3rd Tuesdays from 6-7:30pm

Wednesday-Community and Social Supports and Learning to Change Model -6pm-8:15pm

This is a two hour group that will introduce differing support systems including 12 Steps and SMART recovery. Additionally, the group will use learning theory and the Learning to Change Model, which will help identify addictive thinking and reduce recidivism.

Family Support Group is available for family members on the 1st and 3rd Wednesday from 6:30-8pm.

Thursday-Coping Skills and Healthy Communication-6pm-8:15pm

This is a two hour group that will help individuals deal with anger on a daily basis, learn conflict resolution skills, improve communication and develop the foundations for healthy relationships.

Individual Therapy

Individual therapy is a very important part of treatment when working with individuals who have addiction. It provides a safe space to process personal issues related to mental health, family of origin, trauma, etc. and thus is a required part of the IOP program. Families will be included in the individual therapy sessions to strengthen family support.