

Announcing PDBTI's New Intensive Outpatient Programs (IOP)

For many people with intense emotion dysregulation, standard outpatient DBT is enough. Sometimes, however, a more intensive approach may be preferred for one or more of the following reasons:

- to avoid hospitalization and other higher levels of care
- when you want or need more rapid progress
- as a step-down from a higher level of care, like hospitalization or residential treatment
- to have greater structure and support than is usually available through standard outpatient care
- when you have time constraints and need to receive more treatment in fewer weeks (e.g., returning to school or work) or other challenges (e.g., have childcare challenges, have to commute a long way for treatment)
- when your problems are more complex, severe, and potentially life-threatening and require more frequent care

Beginning this summer, we will launch two new IOPs - one for Adults and another for Teens and Families. Here's a preview.

Standard Adult IOP (ages 18+):

Opens July 1, 2021

Offered for 12 hours over four days a week, PDBTI's Standard Adult DBT Intensive Outpatient DBT is designed for adults 18 years and older who struggle with:

- Debilitating depression/anxiety
- Suicidal behavior, suicidal ideation, and self-harm
- Poor emotion regulation
- Problematic impulsive behaviors related to difficulty regulating emotions
- Difficulty establishing and maintaining healthy relationships

Our Standard Adult IOP will offer all of the components of standard outpatient DBT in a more intensive format – four days a week from 12:00pm to 3:00pm. In addition to group sessions, clients will meet weekly with an individual therapist for an hour at a mutually convenient time. Our Standard Adult DBT IOP also includes the following as-needed services: DBT coaching calls (outside program hours), medication management, and nutrition support.

Standard Adult IOP Group Descriptions

DBT Skills Training. Learn and practice DBT skills for regulating emotions, managing distress, and improving relationships, as well as mindfulness. Members complete homework outside of the group to further strengthen skills mastery.

Building Structure to a Life Worth Living. For many of us, structure provides a framework for our lives. It is also an important ingredient in managing mood, building independence, and preventing relapse. Members focus on building structure in their life - through scheduled activities, school, and work. This group will also help prepare members for stepping down from the IOP.

Target Group. Clients brainstorm skills and strategies they will use to meet daily behavioral goals. If goals from the previous day are unmet, group leaders help identify and solve what got in the way.

Standard Adult DBT IOP Schedule

Time	Monday	Wednesday	Thursday	Friday
12:00pm	Mindfulness	Mindfulness	Mindfulness	Mindfulness
12:30 pm	DBT Skills Training: Homework Review	DBT Skills Training: Homework Review	Target Group	DBT Skills Training: Homework Review
1:30 pm	DBT Skills Training: Learning New Skills	DBT Skills Training: Learning New Skills	Building Structure	DBT Skills Training: Learning New Skills
2:50pm	Wrap Up	Wrap Up	Wrap Up	Wrap Up

Teen and Family DBT IOP (Teens ages 13-17):

Opens Sept 1, 2021

Offered for 9 hours over three days a week, PDBTI's Teen and Family DBT IOP is designed for teens 13 to 17 years old who struggle with:

- Depression/Anxiety
- Self-harm/Suicidal ideation
- Poor emotion regulation
- Difficulty establishing and maintaining healthy relationships

Our Teen and Family DBT IOP offers all of the components of standard outpatient DBT in a more intensive format - three days a week from 4:00pm to 7:00pm. In addition to group sessions, teens meet weekly with an individual therapist for an hour, and with their parents and a DBT family therapist twice monthly for one hour. Individual and family therapy sessions will be scheduled at mutually convenient times. Our Teen and Family DBT IOP also includes the following as-needed services: DBT coaching calls (outside program hours) and medication management.

Teen and Family IOP Groups Description

Multi-Family DBT Skills Training. Teens and at least one parent meet together to learn and practice DBT skills for regulating emotions, managing distress, and improving relationships, as well as mindfulness. Members complete homework outside of the group to further strengthen skills mastery.

Building Structure to a Life Worth Living. For many of us, structure provides a framework for our lives. It is also an important ingredient in managing mood, building independence, and preventing relapse. Members focus on building healthy structure in their life - through middle path structuring of social, school, and extracurricular activities. This group will also help prepare teens for the upcoming weekend (offered on Thursdays) and stepping down from the IOP. Taught twice monthly.

Reaching Your Goals. We will focus on a variety of topics - all intended to help improve executive functioning including: how to not let procrastination get the best of you, how to figure out one's priorities and sticking with them, managing anxiety associated with FOMO, developing routines that support emotion regulation.

Health and Wellness. Topics range from nutrition and exercise to regulating sleep and sexual safety. Throughout the IOP, members will be encouraged to increase their wellness behaviors to support their recovery goals. Taught twice monthly.

Teen and Family DBT IOP Schedule

Time	Monday	Wednesday	Thursday
4:00pm	Mindfulness	Mindfulness	Mindfulness
4:30pm	Multi-Family DBT Skills Training	Reaching Your Goals (Executive Functioning)	Multi-Family DBT Skills Training
5:45 pm	Multi-Family DBT Skills Training	Improving Mood with Building Structure ----- Health and Wellness	Multi-Family DBT Skills Training
6:50pm	Wrap Up	Wrap Up	Wrap Up

DBT Eating Disorders IOP (18+): Open Now!

Offered for 20 hours over five days a week, PDBTI's Eating Disorders IOP (ED-IOP) is designed for young adults and adults who are medically stable and who struggle with:

- Complex and serious behavioral health problems
- A history of unhelpful, unsuccessful attempts with other ED treatment efforts
- One or more eating disorders: Anorexia, Bulimia, Binge Eating Disorder, Avoidant Restrictive Food Intake Disorder, ED-Other Specific Feeding/Eating Disorders

Our ED-IOP offers all of the components of standard outpatient DBT in a more intensive format – five days a week from 8:00am to 12:00pm. In addition to group sessions, clients will meet weekly with an individual therapist for an hour at a mutually convenient time. Our Standard Adult DBT IOP also includes the following as-needed services: DBT coaching calls (outside program hours), medication management, and nutrition support.

Our ED-IOP services are for people 18 years and older.

ED-IOP Group Descriptions

DBT Skills Training. Learn and practice DBT skills for regulating emotions, managing distress, and improving relationships. Members complete homework outside of the group to further strengthen skills mastery.

Behavioral Chain Analysis. The first step in solving complex problems is to carefully assess the problem itself: What prompts or kicks off the problem? What makes a person vulnerable to the prompt? And how does the problem get maintained over time? Members learn this important skill of behavioral chain analysis by working through their chains and seeking effective solutions rooted in DBT to solve the identified problem.

Target Group. Clients brainstorm skills and strategies they will use to meet daily behavioral goals. If goals from the previous day are unmet, group leaders help identify and solve what got in the way.

Nutrition Group. This psychoeducation group includes the following topics: science of nutrition, body acceptance, intuitive eating, and meal preparation.

Mindful Eating Support Meals. Clients participate in two therapeutic meals each day. Coaching in use of DBT skills is available throughout mealtime.

To get started, call **Lori Paxson ED-IOP Concierge** at **971-339-3523** or email her at: ediop@pdbti.org or complete electronically an [Interest Form](#). [Learn more about our DBT ED-IOP program online](#).