



**PSYCHOLOGICAL
& BEHAVIORAL
CONSULTANTS**

Dialectical Behavioral Therapy Intensive Outpatient Program (DBT IOP) For Adolescents

- Anxiety Disorders
- Depression
- Eating Disorders
- Mood Disorders
- Severe Personality Disorders (including cutting behaviors and suicidal thoughts or attempts)
- Co-morbid Substance Abuse

**Six-Week Program • 18 Sessions
Monday, Tuesday, Thursday
4:30 to 7:30 p.m.**

The Psychological & Behavioral Consultants Adolescent DBT Group is for adolescents between the ages of 14 and 19 who engage in self-harming, suicidal behavior and/or experience emotional instability.

Primary goals of the group are to decrease life-threatening behaviors, increase effective coping skills, and create a sense of behavioral and emotional control for the adolescent and his/her family. Core topics include emotional regulation, interpersonal effectiveness, distress tolerance, mindfulness and walking the middle path.

This is a closed group that begins every six weeks. A parent/guardian is required to attend the weekly Monday skills group.

Sessions are led by **Shira Wiesen, Ph.D.**, at the **Psychological & Behavioral Consultants Beachwood office, 24800 Highpoint Road.**

For more information about the Psychological & Behavioral Consultants Adolescent DBT IOP in Beachwood, please call the Intake Department at **216.831.6611** or Shira Wiesen at 216.831.6611, ext. 212.

Psychological & Behavioral Consultants (PBC) is the largest privately held outpatient mental health care provider in Ohio. More than 75 PBC psychiatrists, psychologists, psychiatric nurses, clinical counselors and social workers provide individual, family, marital and group therapy in five Northeast Ohio locations: Beachwood, Brecksville, North Olmsted, Willoughby and Ashtabula. PBC is a preferred provider for most managed care and insurance companies. Visit us on the Web at www.psychbc.com.