



**PSYCHOLOGICAL  
& BEHAVIORAL  
CONSULTANTS**

## **Dialectical Behavioral Therapy Intensive Outpatient Program (DBT IOP) For Adults**

- Anxiety Disorders
- Depression
- Mood Disorders
- Personality Disorders
- Self-harming Behaviors

**Six-Week Program • 18 Sessions  
Monday, Tuesday, Thursday  
9:30 a.m. to 12:30 p.m.**

Dialectical Behavioral Therapy is a research-based treatment focused on assisting clients in gaining skills and practicing tools designed to manage intense emotions effectively. Core topics include emotional regulation, interpersonal effectiveness, distress tolerance and mindfulness.

The Psychological & Behavioral Consultants Adult DBT Group can serve as an adjunct to individual therapy or for clients who need more intense specialized treatment. It is open with a rotating schedule for individuals ages 18 and older.

Sessions are led by **Cathy Knezevich, M.Ed., P.C.C.**, at the **Psychological & Behavioral Consultants Willoughby office, 4212 Chillicothe Road, Suite 100.**

For more information about the Psychological & Behavioral Consultants Adult DBT IOP in Willoughby, please call the Intake Department at **216.831.6611** or Cathy Knezevich at 216.831.6611, ext. 175.

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](http://www.psychbc.com).

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