



**PSYCHOLOGICAL
& BEHAVIORAL
CONSULTANTS**

Disability Group For Adults

- Return to work
- Decrease medical/psychiatric management
- Increase self-esteem
- Manage chronic pain
- Regulate emotions
- Tolerate distress
- Be effective interpersonally
- Gain coping skills

**Seven-Week Program • 21 Sessions
Tuesday, Wednesday, Friday
1 to 4 p.m.**

The Psychological & Behavioral Consultants Disability Intensive Outpatient Program is designed to help adults ages 18 and over deal with their significantly altered lifestyle as a result of work-related injury, chronic medical condition or medical disability with associated depression, anxiety and/or chronic pain.

The Disability Group can be an effective adjunct to individual therapy. This is an open-ended group and can be started at any time.

Sessions are led by **John A. Glovan, Psy.D.**, at the **Psychological & Behavioral Consultants Willoughby office, 4212 Chillicothe Road, Suite 100.**

For more information about the Psychological & Behavioral Consultants Disability Group in Willoughby, please call the Intake Department at **216.831.6611** or Dr. Glovan at 216.831.6611, ext. 183.

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.