

GRACE THERAPY & ASSOCIATES

ADULT INTENSIVE OUTPATIENT PROGRAM

DIALECTICAL BEHAVIORAL THERAPY



DBT IS AN EVIDENCED BASED MENTAL HEALTH TREATMENT MODALITY DESIGNED TO IMPROVE A PERSON'S OVERALL FEELINGS OF SELF-WORTH AND IMPROVE DAILY FUNCTIONING.

DBT SUPPORTS INDIVIDUALS STRUGGLING WITH SEVERE OR LONG-TERM MENTAL HEALTH CHALLENGES AND THAT MAY BENEFIT FROM MORE THAN ONCE A WEEK THERAPY.

INTENSIVE OUTPATIENT PROGRAM

INTENSIVE OUTPATIENT PROGRAMS (IOP) ARE DESIGNED WITH MORE INTENTIONAL AND TARGETED MENTAL HEALTH TREATMENT MODALITIES. OUR MENTAL HEALTH IOP PROGRAM IS DESIGNED TO TREAT A VARIETY OF MENTAL HEALTH CONCERNS SUCH AS: DEPRESSION, ANXIETY, MOOD SWINGS, CHRONIC STRESS, SUICIDAL THOUGHTS, ANGER ISSUES, AMONG OTHER SYMPTOMS AND RELATIONSHIP AND MENTAL HEALTH CHALLENGES.

GROUP INFORMATION

IN PERSON GROUP

MONDAYS WEDNESDAYS & FRIDAYS
10:00AM-1:00PM
FOR 16 WEEKS

REFERRAL INFORMATION

WEBSITE: GRACETHERAPYNM.COM
PHONE NUMBER 505.554.1283

PLEASE CALL TO SCHEDULE AN INTAKE
OR EMAIL REFERRALS TO
ASHLEY@GRACETHERAPYNM.COM

INDIVIDUALS CAN PARTICIPATE IN INDIVIDUAL THERAPY WITH ONE OF OUR THERAPISTS, OR CAN MAINTAIN THEIR INDIVIDUAL THERAPY WITH THEIR CURRENT THERAPIST. WE WILL HAPPILY COLLABORATE WITH YOUR CURRENT THERAPIST.

"THERE IS NO STANDARD NORMAL.
NORMAL IS SUBJECTIVE. THERE ARE
SEVEN BILLION VERSIONS OF NORMAL
ON THIS PLANET."

-MATT HAIG

