

Empowering you.



MOOD RECOVERY GROUP THERAPY

INTENSIVE OUTPATIENT PROGRAM
FOR ADULTS

The PsychBC Mood Recovery (Dual Diagnosis) IOP is designed specifically for adults ages 18 and over who are struggling to cope with a mood disorder and/or substance abuse issues. Group sessions focus on learning healthy coping skills, how relationships impact our mental health, how our thoughts affect our mood, and ways to reduce symptoms and increase positive mood.

- Identify and change negative thought patterns
- Identify past traumas and their impact on mental health
- Learn relaxation techniques
- Reduce and manage the intensity of emotions



For more information, please call PsychBC at 216-468-5002

Connect with PsychBC



LOCATION

PsychBC Beachwood
25101 Chagrin Blvd
Suite 100

SESSIONS

Mondays, Tuesdays, Wednesdays
and Thursdays
9 am to 12 pm

FACILITATORS

Sessions are led by
Nicholette Leanza, M.Ed, LPCC-S
Jennifer Giesel, PhD, LICDC-CS

CONTACT

216-468-5000 ext. 121

www.psychbc.com



Accredited/Certified
by The Joint Commission



THE PLAIN DEALER
© cleveland.com



THE EUGENE
BRUDNO
MEMORIAL
AWARD 2016