

ABOUT SANARE RALEIGH

Sanare Raleigh supports individuals navigating mental health challenges alongside work, personal relationships, and daily responsibilities. This location is designed for those exploring a more consistent support option.

The work here takes place in small groups where therapists bring their full, authentic selves into the room, setting a tone that carries from one session to the next.

Skills are practiced in real time, then revisited and built upon. Pacing is thoughtful, and the work is emotionally aware, especially when trauma is part of the story. Individual outpatient therapy is also available for those who benefit from one-on-one support.

Whether you're choosing care for yourself or someone else, Sanare Raleigh is a place where inner strength has room to take shape and become resilience.

PROGRAMS OFFERED HERE

- Core IOP
- DBT-Focused IOP
- Trauma-Focused IOP
- Individual Therapy
- Personalized Intensives

Connect with us: (984) 230-2323
start@sanaretoday.com



sanaretoday.com

**CORE IOP
FOR ADULTS**

MON TUE THU FRI
10:00 am-12:15 pm

Small-group therapy for adults who need steady, well-rounded support while staying engaged in their daily lives. Groups stay small, allowing the work to remain human, experiential, and grounded in real connection.

**DBT-FOCUSED IOP
FOR ADULTS**

MON WED FRI 10:00 am-12:15 pm
Individual work on TUE/THU

Skills-based therapy that combines small-group work and individual sessions to help adults build steadier responses to intense emotions, stress, and relationship challenges.

**TRAUMA-FOCUSED IOP
FOR ADULTS**

MON WED FRI 10:00 am-12:15 pm
Individual work on TUE/THU

Small-group therapy paired with individual work for adults processing trauma. Grounded in safety, trust, and thoughtful pacing, allowing strength to rebuild without being rushed.

**INDIVIDUAL THERAPY
FOR ADULTS**

Call for availability

Flexible one-on-one therapy for those seeking ongoing support and personal growth.

**PERSONALIZED INTENSIVES
FOR ADULTS**

Call for availability

Focused, short-term one-on-one therapy designed for deeper exploration through extended, thoughtfully paced sessions, guided by EMDR and integrative approaches tailored to the individual.

Choosing the right level of support is a collaborative process.
A consultation with our team helps clarify the best next step.

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