

# ABOUT SANARE WILMINGTON

Sanare Wilmington, NC supports adults dealing with the ongoing impact of trauma while balancing work, relationships, and daily responsibilities. Designed as a trauma-focused location, individual outpatient therapy is also available to support a wide range of mental health needs.

IOP here takes place in small groups led by trauma-trained therapists who bring steadiness, creativity, and human presence into the room. Sessions blend grounding practices, therapeutic work, and group connection, creating space to separate the past from the present and allow confidence and stability to grow through steady practice.

Whether you're choosing care for yourself or someone else, **Sanare Wilmington** is built to support steady, lasting change.

## PROGRAMS OFFERED HERE

- DBT-Focused IOP
- Trauma-Focused IOP
- Individual Therapy



sanaretoday.com

**Connect with us: (984) 230-2323**  
[start@sanaretoday.com](mailto:start@sanaretoday.com)

**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.

**ADDITIONAL PROGRAMS OFFERED VIRTUALLY IN NC:**

**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.