



ABOUT SANARE VIRTUAL

Sanare Virtual – Pennsylvania supports adolescents and adults navigating mental health challenges and trauma-related experiences while balancing school, work, relationships, and daily responsibilities. This fully virtual option offers access to Sanare's core, DBT-informed, and trauma-focused programming, along with individual therapy, specialized groups, and personalized intensives, all available remotely across the state.

The work takes place through small, consistent groups and individual sessions led by therapists who bring the same steadiness, creativity, and full human presence into the virtual room. Skills are practiced in real time, reflected on, and strengthened through repetition so they remain accessible beyond the screen. Structure remains steady and expectations clear, allowing meaningful work to take hold even in a remote setting.

Whether you're choosing care for yourself or someone else, **Sanare Virtual** – Pennsylvania offers a way to engage in steady, structured work with the same intention and accountability found across Sanare's in-person locations.

PROGRAMS OFFERED HERE

CORE IOP

Small-group therapy for individuals who need steady, well-rounded support while staying engaged in their daily lives. Group sizes are kept small, keeping the work deeply human, experiential, and grounded in real connection.

DBT-FOCUSED IOP FOR ADULTS

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

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

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

PERSONALIZED INTENSIVES

Focused, short-term one-on-one therapy designed for deeper exploration. Sessions are extended and paced with care, guided by EMDR and integrative approaches.



**CORE IOP
FOR ADOLESCENTS**

MON TUE WED THU
6:15–8:30 pm

**CORE IOP
FOR ADULTS**

MON TUE THU FRI 10:00 am–12:15 pm
or MON TUE WED THU 6:00–8:15 pm

**DBT-FOCUSED IOP
FOR ADULTS**

MON WED FRI 10:00 am–12:15 pm
Individual session on T/Th

**DBT-FOCUSED IOP
FOR ADULTS**

MON WED THU 5:30–7:45 pm
Individual session on T/F

**TRAUMA-FOCUSED IOP
FOR ADULTS**

MON WED FRI 10:00 am–12:15 pm
Individual session on T/Th

**TRAUMA-FOCUSED IOP
FOR ADULTS**

MON TUE THU 11:00 am–1:15 pm
Individual session on W/F

**TRAUMA-FOCUSED IOP
FOR LGBTQIA+**

MON WED FRI 10:00 am–12:15 pm
Individual session on T/Th

**TRAUMA-INFORMED IOP
FOR WOMEN-ONLY**

MON TUE THU FRI
10:30 am–12:45 pm

**INDIVIDUAL THERAPY
FOR ADULTS**

Call for availability

**PERSONALIZED
INTENSIVES FOR ADULTS**

Call for availability

**DBT-INFORMED SKILLS
OUTPATIENT GROUP**

TUESDAYS
9:00–10:00 am or 5:30–6:30 pm

**TRAUMA OUTPATIENT
GROUP**

TUESDAYS
5:30–7:30 pm