



ABOUT SANARE RALEIGH

Sanare Raleigh supports people finding their own way through anxiety, depression, trauma, and life's inevitable challenges while continuing to show up for work, family, and the people they care about.

Our programs are designed for those moments when more support could make all the difference. In small groups led by authentic, compassionate therapists, people discover they don't have to carry everything alone.

Growth happens both inside and outside the therapy room. New perspectives become everyday practices, and small moments of progress build into lasting change. Individual therapy is also available for those looking for a more personalized path.

Whether you're reaching out for yourself or someone you love, Sanare Raleigh is a place to reconnect with your inner strength and awaken what's already within.

1100 Navaho Drive, Suite 125
Raleigh, North Carolina

INSURANCE PLANS ACCEPTED HERE

FOR IOP

Aetna
Blue Cross Blue Shield
Carelton
Cigna
GEHA
Optum
Unitedhealthcare
UMR
TRICARE
VACCN

FOR INDIVIDUAL THERAPY & PERSONALIZED INTENSIVES

Aetna
Blue Cross Blue Shield
TRICARE



**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.