



ABOUT SANARE VIRTUAL-NC

Sanare Virtual – North Carolina supports adults looking for virtual therapy options that fits alongside work, relationships, and everyday life.

Intensive Outpatient Programming (IOP), Personalized Intensives, and individual outpatient therapy are all available through a supportive and engaging online environment led by experienced Sanare therapists. Through evidence-based therapeutic approaches, meaningful connection, and opportunities to practice new ways of responding in real time, clients build healthier patterns that carry into everyday life.

Whether you're exploring support for yourself or helping someone else, **Sanare Virtual – North Carolina** offers the same relationship-centered approach that defines every Sanare location, with the flexibility to participate from wherever you are.

Available to all residents
across North Carolina

INSURANCE PLANS ACCEPTED

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



sanaretoday.com

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

**CORE IOP
FOR ADULTS**

MON TUE WED THU
6:00-8:15 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.

**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.