

|                                                                       | CORE IOP    | DBT FOCUSED IOP | TRAUMA FOCUSED IOP | INDIVIDUAL THERAPY | PERSONALIZED INTENSIVES |
|-----------------------------------------------------------------------|-------------|-----------------|--------------------|--------------------|-------------------------|
| <b>Sanare Raleigh</b><br>1100 Navaho Drive, Suite 125, Raleigh        | ✓<br>ADULTS | ✓<br>ADULTS     | ✓<br>ADULTS        | ✓<br>AGES 13+      | ✓<br>ADULTS             |
| <b>Sanare Wilmington</b><br>5 Silva Terra Drive, Unit 140, Wilmington | ✓<br>ADULTS |                 | ✓<br>ADULTS        | ✓<br>AGES 5+       |                         |
| <b>Sanare Virtual NC</b>                                              | ✓<br>ADULTS | ✓<br>ADULTS     | ✓<br>ADULTS        | ✓<br>AGES 5+       | ✓<br>ADULTS             |

### Core IOP

Structured group therapy for adults navigating anxiety, depression, stress, and other mental health challenges. Participants better understand patterns, strengthen practical coping skills, and develop healthy ways of responding to challenges as they arise.

### DBT-Focused IOP

Skills-focused small-group therapy for adults who want to respond differently when emotions run high or familiar patterns always take over. Participants learn practical tools, put them into practice, and build greater confidence using them in relationships and everyday life.

### 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

Extended one-on-one therapy designed for deeper exploration.

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



[sanaretoday.com](https://sanaretoday.com)