

	CORE IOP	DBT FOCUSED IOP	TRAUMA FOCUSED IOP	INDIVIDUAL THERAPY	PERSONALIZED INTENSIVES
Sanare Raleigh 1100 Navaho Drive, Suite 125, Raleigh	✓ ADULTS	✓ ADULTS	✓ ADULTS	✓ AGES 13+	✓ ADULTS
Sanare Wilmington 5 Silva Terra Drive, Unit 140, Wilmington	✓ ADULTS		✓ ADULTS	✓ AGES 5+	
Sanare Virtual NC	✓ ADULTS	✓ ADULTS	✓ ADULTS	✓ AGES 5+	✓ 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 skills, try them in a supportive setting, and build confidence carrying them into everyday life.

Trauma-Focused IOP

Small-group therapy for adults working through the lasting impact of traumatic experiences. Participants work to understand trauma-related patterns and build new ways of responding that support a fuller life in the present.

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.

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