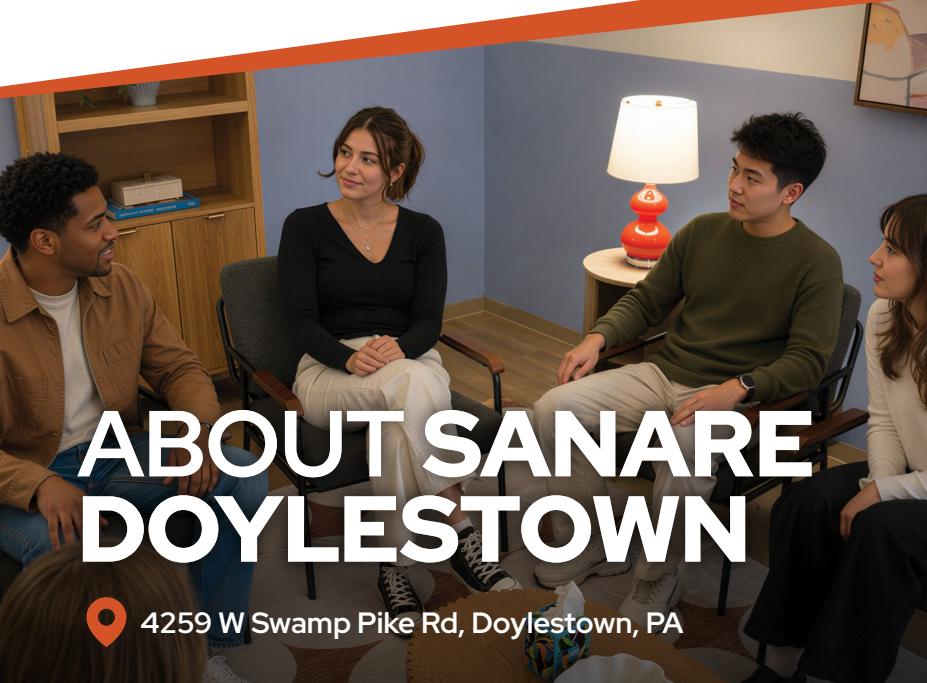




ABOUT SANARE DOYLESTOWN

 4259 W Swamp Pike Rd, Doylestown, PA

Sanare Doylestown supports adults who may already understand that the past is affecting the present but still find themselves reacting in ways that are difficult to change.

Our **intensive outpatient program** creates the time to slow patterns down, understand what may be driving them, and practice different ways of responding.

The work is honest and human. Sanare therapists show up as themselves and create space for group participants to speak freely without feeling like they need to have everything figured out.

Change here happens through repetition, practice, and the experience of being understood by people who recognize parts of your story in their own.

Whether you are seeking support for yourself or someone else, Sanare Doylestown is ready to help turn your search into a next step.

PROGRAMS OFFERED HERE

ADULT TRAUMA-FOCUSED IOP

Small group therapy for adults working through how trauma and difficult past experiences continue to shape emotions, relationships, and everyday reactions.

- > MON TUE THU 10:00 am–12:15 pm
- > Individual work on WED/FRI

INDIVIDUAL THERAPY (AGES 17+)

Flexible 1 on 1 therapy for those seeking ongoing support and personal growth.

- > Call for Availability

OTHER NEARBY LOCATIONS

In-person and virtual programs vary by location.

Sanare King of Prussia
Sanare North Wales
Sanare Yardley
Sanare Virtual Pennsylvania

Connect with us: (610) 344-9600
start@sanaretoday.com



sanaretoday.com