SANARE

AWAKEN WHAT'S WITHIN



BUILDING SAFER RESPONSES

For Adults Under Stress

Adult DBT IOP

sanaretoday.com

When Emotions Lead to Harm

For some adults, emotions can rise so quickly and intensely that coping becomes unsafe. In those moments, self-harm behaviors or persistent suicidal thoughts may emerge as ways to manage distress or regain a sense of control.

These responses are not about attention or a lack of desire to live. They are often learned ways of surviving emotional states that feel intolerable in real time. When distress peaks, the ability to pause, think clearly, or choose safer responses can feel out of reach.

Once-a-week therapy can offer understanding and insight, but insight alone doesn't always stop these patterns from repeating.

Where Structure Builds Safety

Sanare's DBT IOP is designed to help adults interrupt unsafe patterns and build safer, more reliable ways of responding when emotions are at their most intense. Grounded in Dialectical Behavior Therapy, this IOP focuses on learning and practicing skills that support safety, emotional regulation, and intentional action in real time.

Rather than open-ended processing, this program offers a structured, skills-based group environment. Participants learn tools, practice them repeatedly, and refine their use with guidance and support. Individual sessions provide a personalized space to address barriers as they arise.

This approach helps move skills from theory into daily life, so they are available in the moment.





Adult DBT IOP

This program is designed for adults seeking structured support while balancing work and daily responsibilities, particularly those who have learned to rely on unsafe coping patterns, such as self-harm behaviors or persistent suicidal thoughts, in response to emotion dysregulation or trauma.

Participants attend three DBT skills groups each week and one weekly individual session. Throughout the program, therapists focus on strengthening four core skillsets: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. These skills are taught, revisited, and practiced consistently.

Many adults choose this IOP because it offers:

- A steady, structured environment designed to support safety
- Skills-focused groups built for active learning and repeated practice
- Clear, practical tools for managing intense emotions in real time
- 1-on-1 support to personalize skill use and strengthen application

Q&A

When is this IOP a good fit?

This IOP is appropriate for adults who rely on unsafe coping patterns, including non-suicidal self-injury (NSSI) and chronic suicidality. It is best suited for individuals ready to engage in structured, skills-based work to support safety and emotional regulation.

What skills are taught here?

Individuals are taught how to stay present during emotional intensity, get through distress without making things worse, understand and regulate emotional responses, and communicate needs or boundaries more effectively in relationships. Skills are practiced consistently so they become familiar and reliable when emotions run high.

What sets this program apart?

This program delivers an accelerated, DBT approach using group and individual sessions to support core skill development and safer responses under stress.

What's the timeline for this program?

The program runs for a minimum of eight to twelve weeks. Following that period, care may step up, repeat, or step down within Sanare's continuum based on needs.

Is this IOP covered by insurance?

Sanare works with most major insurance companies, and our team collaborates with families to review benefits and next steps.

Is Sanare a trusted provider?

Sanare has supported 7,500+ individuals and families across a growing network of locations and programs. Our teams work collaboratively with families and referring professionals to ensure care remains consistent, coordinated, and responsive over time.

WHERE THIS PROGRAM IS AVAILABLE IN DE

SANARE WILMINGTON
5171 W Woodmill Drive, Suite 9
Wilmington, DE

SANARE VIRTUAL DE
Available Statewide to
Delaware Residents

Contact our admissions team to schedule a consultation.

Call: (302) 999-9812

WHERE THIS PROGRAM IS AVAILABLE IN NC

SANARE RALEIGH
1100 Navaho Drive, Suite 125
Raleigh, NC

SANARE VIRTUAL NC
Available Statewide to
North Carolina Residents

Contact our admissions team to schedule a consultation.

Call: (984) 230-2323

WHERE THIS PROGRAM IS AVAILABLE IN PA

SANARE PHILADELPHIA
1500 Walnut St, Suite 1200
Philadelphia, PA

SANARE WYOMISSING
14C Commerce Drive
Wyomissing, PA

SANARE YARDLEY
385 Oxford Valley Rd, Suite 412
Yardley, PA

SANARE VIRTUAL PA
Available Statewide to
Pennsylvania Residents

Contact our admissions team to schedule a consultation.

Call: (610) 344-9600