

Now Accepting Patients

Give Yourself the Gift of Healing Coping with Grief and Loss During the Holidays

A 4-Week Virtual IOP Program for California Residents

Navigating the holidays while grieving can be challenging. Lack of structure, family and friend focused celebrations, complicated family dynamics and new or unresolved loss can set the stage for stressors and potential setbacks.

In anticipation of upcoming holiday hurdles, Discovery Mood & Anxiety Program, Los Angeles, has developed a four-week intensive outpatient (IOP) program to address the issue of grief and loss during the holiday season. Our DMA Holiday IOP Program will provide participants the strategy, skills and structure needed to not just survive, but to thrive during the holidays.

DMA Holiday IOP **starts the week before Thanksgiving and runs through the beginning of the New Year**, ensuring patients have support when they need it most. This will be a solution-focused brief therapy (SFBT) that centers on goals and skill building. Here's what to expect:

- Validate the past, adjust to the present and plan for the future
- Learn dialectical behavior therapy (DBT) skills to manage grief responses
- Learn and practice coping skills
- Connect with peers to give and receive mutual support
- Explore experiential interventions

Convenient Virtual Programming

Whether you're home or traveling near the holidays our virtual program allows you to stay connected and in treatment throughout the holiday season. Patients must be in their state of residence during programming.

Program Details

- 3 groups Monday through Thursday
- 1 individual therapy session each week

Who

All genders 14+ who meet the clinical criteria for an IOP level of care with recent or unresolved grief or loss, including death, divorce, a significant relationship, job or other significant losses.

The program is covered by some insurances. Please ask for a complimentary insurance benefits check. Private pay option also available.



When

Monday through Thursday
4-7 p.m.

Two virtual IOP sessions to choose from

- November 15 – December 9, 2021 (No programming on Thanksgiving Day)
- December 13, 2021 – January 6, 2022

Give yourself the gift of healing. **Enrollment begins October 25.** Space is limited.
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