

Professionals' Program (PHP & IOP)

Overview: The Professional's Program

The Professionals' Program aims to offer an inclusive treatment space for individuals who may be struggling to balance the demands of work, interpersonal life, and mental health. The Professionals' program has a substantial emphasis on improving self-understanding and interpersonal functioning across multiple settings (e.g., family, work, friendships) to support symptom reduction. The program's theoretical framework draws on aspects of insight-oriented treatment including: family systems, interpersonal and psychodynamic therapy, as well as psychoeducational treatments including Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), and Cognitive Behavioral Therapy (CBT). The programming in both the IOP and PHP include a range of treatments with both skills-based and interpersonal process groups, along with topic specific groups such as a harm-reduction substance use discussion and work-related issues group.

Overview: Partial Hospitalization Program (PHP)

The Professionals' (PHP) is designed to support individuals with significant mental health symptoms that would benefit from increased structure, psychoeducation, skill building and medication management. The Professionals' PHP is intended to build the foundation necessary to step-down to the Professionals' IOP. The PHP operates 4-days/week with 4 groups each day, along with weekly medication management meetings with the program psychiatrist. PHP is typically 2 weeks in length prior to stepping down to IOP. The goal of the PHP is to increase competency with utilizing coping strategies in order to engage in more intensive process-oriented work and stabilize more severe symptoms that would not be well managed with less structure in our IOP.

Overview: Intensive Outpatient Program (IOP)

The Professionals' IOP is a 6 to 8 week program that meets 3 to 4 days a week (Monday, Tuesday, Wednesday and Friday) with 3 groups a day. Treatment includes group therapy, medication management, and family/couple therapy when indicated. Individuals are encouraged to continue with their individual therapist while in treatment.

Patient Considerations (see admission guidelines for a bulleted list)

Individuals who will be successful in the Professionals' Program will have been stably employed during the last two years, have a commitment to improving their relationship to work and returning to work, and are willing and able to take time off or alter their work schedule to focus on treatment. Individuals who are struggling with significant, ongoing plans of suicide or lived through a recent suicide attempt may benefit from alternative placement in a 5-day a week PHP, such as the Adult Day PHP at the Institute of Living. Individuals with active and persistent PTSD symptoms including flashbacks or dissociative symptoms often worsen within the context of our interpersonally focused groups. The Professionals' Program is not able to support individuals who would benefit instead from an intensive treatment for a primary psychosis or primary substance use diagnosis. Long term disability, whether currently active or intentions to apply, are exclusionary criteria due to the focus of The Professionals' Program being returning to work.

Professionals' Program Admission Guidelines (PHP & IOP)

The Professionals' Program is a Partial Hospitalization and Intensive Outpatient Program that serves a wide variety of working adults. Below you will find general guidelines for patients that benefit from our services.

- Stable employment: during the last two years has been employed and working more often than not**
- Commitment to improving relationship to work and returning to work
- Often, individuals are experiencing stressors either at work, at home or in other settings that are impacting mental health and work functioning
- Ability to benefit from both process-oriented, interpersonal groups and skills-based didactic groups
 - Groups focus on increasing capacity to cope with symptoms and stress, as well as improving interpersonal functioning
- Examples of individuals and professions who have benefited from the program: individuals in healthcare, business, service and hospitality, education, and primary caregivers
- We offer harm-reduction substance use groups for individuals with a secondary substance diagnosis (mild to moderate)
- Diagnosis and areas of treatment focus:
 - Depression, anxiety, bipolar illness, personality disorders, secondary substance use disorders
 - Attachment, shame/guilt, boundaries, interpersonal communication, control, anger, self-sabotage, imposter phenomena, distress and affect tolerance, etc.
- Exclusionary Criteria:
 - Long term disability, either current status or intention to apply
 - Primary psychotic illness or active, acute PTSD symptoms (e.g., flashbacks) that would impact ability to participate in interpersonal groups
 - Primary substance use disorder

** Please note, a college degree is not an admission criterion for our program