

Intensive Outpatient Program (IOP)

New U is excited to welcome new members to the Intensive Outpatient Program (IOP) which offers services to address issues that may be limiting one's ability to live their best lives. This program is ideal for motivated individuals seeking community, connection, and structured support in a safe and confidential environment. Group therapy is the main component of many IOPs. Groups allow IOP participants to improve their communication, develop or enhance self-awareness, manage stress, achieve behavioral changes, support one another and so much more.

This 10-week online program provides a cohesive mindfulness and self-care based curriculum and practice facilitated by trained New U psychotherapists. This program seeks to guide members in their journey to increase self-understanding in order to shift their focus to their own recovery and healing in a manner that makes sense for each member.

Time to Thrive

10 week online program

3 groups per week x 3 hours per group

Mondays, Tuesdays, & Thursdays

2pm - 5pm

Anticipated start date: Monday - August 30th, 2021



Week #	Weekly Focus
1	Self-care: The Brain & Mind
2	Self-care: Body & Spirit/Soul
3	Self-care: Body & Spirit/Soul
4	Manage and Coping with Stress
5	Personal Growth & Development
6	Cultivating Positive Emotions
7	Mindfulness Vibes
8	Building healthy relationships
9	Mindfulness through a cultural lens
10	Healing, Resiliency and Healthy Transitions

Monday 2pm - 5pm	Tuesday 2pm - 5pm	Thursday 2pm - 5pm
Lisa de Guzman Vanessa Cantu	Robyn Turner Anna Barnett Lisa de Guzman	Anna Barnett Robyn Turner Lisa de Guzman
All things Music Educational Focus Nature in Focus	Educational Focus Mindful Stretching & Yoga TBA	Educational Focus Yoga with Anna Reflective Writing

<i>Daily Focus - What you can expect</i>	
Lisa de Guzman	All Things Music & Good Vibes Do you play music? Listen to music? Write music? Use visuals with sound? Dance to music? Or just appreciate music? If you've said <u>yes</u> to any of these questions, choose to join this group. Whatever your vibe is, we will incorporate it into the curriculum to create, enhance, and appreciate all the good vibes shared by members. Enjoy the good vibes while you learn how music cultivates the mind, body and soul/spirit. Build your capacity to find and restore balance. Infuse yourself, your culture and your perspectives in All Things Music .
Lisa de Guzman Vanessa Cantu Robyn Turner Anna Barnett	Educational Focus In this course, we focus on topics that increase your self-understanding of who and how you are. We guide members in their journey to recover and heal through self-exploration and self-examination, allowing you to let go and move forward with new or enhanced coping skills and strategies to not just survive through life, but to thrive . The goal is to increase your capacity to feel empowered and to build a mindful and self-care practice that makes sense for you.
Vanessa Cantu	Nature in Focus
Anna Barnett	Yoga with Anna In this course, you will learn the fundamentals of yoga history, theory, and practice. The curriculum will progress from basic poses and sequences to more advanced flows, with instructions and modifications offered to make the class accessible to all levels at each stage. You will develop strength, flexibility, and balance and will cultivate the valuable skill of linking breath to movement. The goal is for clients to leave this group with greater self-awareness, more appreciation for and peace with their bodies, and the skills to practice yoga both on and off the mat.