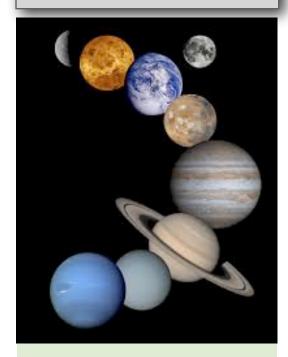
"Although the world is full of suffering, it is also full of the overcoming of it." ~Helen Keller



Solveig IOP General Information

- 8 weeks in duration
- 4 days per week
- Group sessions are 3 hours in length
- Co-ed
- Maximum 10 group members
- Clients accepted weekly

651-645-3115

PSYCH RECOVERY, INC.
COURT INTERNATIONAL BUILDING
2550 UNIVERSITY AVENUE WEST

PSYCH RECOVERY, INC.

SOLVEIG INTENSIVE OUTPATIENT PROGRAM

Solveig is the ACT and CBT therapeutically based IOP

2550 UNIVERSITY AVENUE
WEST
SUITE 229N
ST. PAUL, MN 55114
651-645-3115





GROUP PSYCHOTHERAPY

Solveig integrates ACT and CBT

Both Acceptance and Commitment Therapy(ACT) and Cognitive-Behavior Therapy (CBT) are evidencebased approaches that help clients with a wide range of emotional and behavioral difficulties.

The Solveig approach helps clients learn to experience and tolerate intense feelings (i.e. coping with pain, anxiety, depression) while minimizing reactivity.

Solveig = "The way to the Soul" is to Live Well and Be Well

Program Criteria

The Solveig Intensive Outpatient
Program (IOP) is a short-term
program designed specifically for
adults who are experiencing acute
emotional difficulties, but who do not
require (or no longer require) the
intensity of inpatient psychiatric
care.

Clients will undergo diagnostic functional assessments by an IOP experienced and extensively trained mental health professional prior to beginning a group.

Group psychotherapy is generally covered by health insurance policies.
Psych Recovery, Inc. accepts most major insurances.

Additional Support

Participants in our IOP program are also supported by weekly psychotherapy and psychiatry appointments.

The first step is to attend an intake appointment. To schedule an intake appointment for Solveig IOP or for more information, please contact:

Psych Recovery, Inc.
Court International Building
2550 University Avenue West
Suite 229N
St. Paul, MN 55114
Phone: (651) 645-3115