

"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

PSYCH RECOVERY, INC.  
COURT INTERNATIONAL BUILDING  
2550 UNIVERSITY AVENUE WEST  
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SAINT PAUL, MN 55114  
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**PSYCH RECOVERY, INC.**

## **SOLVEIG INTENSIVE OUTPATIENT PROGRAM**

*Solveig is the ACT and CBT  
therapeutically based IOP*

**2550 UNIVERSITY AVENUE  
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# GROUP PSYCHOTHERAPY

## Solveig integrates ACT and CBT

Both Acceptance and Commitment Therapy (ACT) and Cognitive-Behavior Therapy (CBT) are evidence-based 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:

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