

Intensive Outpatient Program

Sunday – Thursday
3:00 – 6:00 p.m.
Snacks and beverages included

For Referrals or questions, call us at
1 820 212

FAWSEC Campus
Mental Health & Wellness Department
Tower 1, Floor 1
Sabah Al-Salem, Kuwait



Intensive Outpatient Program



Our Intensive Outpatient Program (IOP) provides a higher level of care for adult clients with complex or severe anxiety, OCD, depression, and/or personality disorders, who need more than just single weekly therapy sessions.

Our personalized, holistic treatment program involves meeting for 3 hours daily for 4 weeks. Clients will learn DBT skills and participate in sessions related to nutritional, physical, and overall wellness as part of an integrated treatment plan.



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About the Program

Our multidisciplinary intensive approach to treatment enables clients to experience significant symptom reduction in a short period of time so that they are able to return to their daily life armed with new strategies for successful living.

This is a comprehensive, integrative, intensive program that includes psychological assessments, group-based interventions, guided movement sessions, and nutrition counseling.

Group-based interventions are a core part of this program. Our groups are small (4-6 people) and allow members to learn essential skills while not

having to share too much personal information. A unique treatment benefit of groups is the development of a sense of belonging and community. Sharing parts of ourselves with others in a safe, supportive space, builds trust and promotes healing.

Our empowering program is

- **3 hours per day**
- **From Sunday to Thursday**
- **For 4 weeks**

Guided movement sessions, including yoga, mindfulness, and physiotherapist led workshops, will be conducted each week. These will all be geared towards teaching clients skills and routines that they can incorporate into their daily lives for best outcomes.

Nutritional counseling, by an internationally licensed nutritionist, will include an individualized assessment, development of a nutrition plan, and a general understanding of the impact of diet on their overall wellbeing.

**For a full breakdown of our program,
please scan the QR code below.**



Who Can Benefit

Our program is designed for adults (age 21 and older) who are experiencing some or all of the following:

- Anxiety and panic
- Depression
- Mood swings
- Difficulties in relationships
- Struggles with stress management
- Inability to carry out daily activities
- Eating issues or disorders
- Dependency issues
- Physical or health problems (e.g., chronic pain, IBS, low energy)
- Sleep problems
- Low self-esteem and self-confidence
- Self-criticism
- Trouble concentrating

What We Offer

- A safe, supportive, non-judgmental healing space
- Confidential assessment of treatment needs
- A professional team-based approach
- Comprehensive skills training (focused on managing intense emotions and improving interpersonal relationships)
- A focus on physical health and wellbeing
- Nutrition consultations

