

Cog IOP

SHARP STAFFING

Sharp's Staffing Excellence

The staff of the Cognitive Intensive Outpatient Program (Cog IOP) is interdisciplinary and has been carefully selected based on their training, experience and expertise in applying cognitive therapy. In addition, staff psychiatrists oversee therapy and provide medication management.

For more information call:
Cognitive Intensive Outpatient Program
(858) 694-8459

SHARP Mesa Vista
Hospital

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Cog IOP

Cognitive Therapy
Intensive
Outpatient
Program

SHARP MESA VISTA

Sharp Mesa Vista Hospital
7850 Vista Hill Avenue
San Diego, CA 92123-2790
(858) 694-8459

Who can benefit from Cognitive Therapy?

Cognitive Therapy has been used successfully to help people who experience symptoms of:

- Depression
- Bipolar disorder
- Panic disorder
- Phobias
- Anxiety
- Anger
- Acute and post-traumatic stress
- Relationship problems
- Grief and loss
- Guilt and shame

and most of the other difficulties that bring people to therapy.

**Call for referral:
(858) 694-8459**

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THE PROGRAM

The Cognitive Therapy Intensive Outpatient Program (Cog IOP) has established an excellent reputation in the San Diego community over the past 20 years. The program consists of three hours of group therapy per day, offered in either a morning or an afternoon session. The first hour is an educationally based group focusing on skill acquisition. The next two hours of therapy are delivered in small groups of five to eight people. These groups target specific treatment goals using the principles of cognitive therapy. A comprehensive manual is provided to supplement and reinforce the concepts presented in the groups.

What is Cognitive Therapy?

Cognitive therapy is a research-based treatment approach to mood disturbances and behavior problems. This form of psychotherapy helps identify the relationship between thoughts, feelings and behaviors, and their impact on life situations.

What are the benefits of Cognitive Therapy?

- Reduction of depression and anxiety symptoms
- Increased resistance to future episodes
- Improved coping skills, including assertiveness and anger management
- Reduction/reframing of distorted thoughts
- Effective conflict resolution skills
- Increased motivation to deal with issues
- Increased comfort/ease of relaxation skills, including mindfulness
- Healthier responses to grief/loss
- Development of realistic inventory of strengths and weaknesses

These skills are offered in a supportive and challenging setting with peers facing similar issues.