

# Sharp Mesa Vista Hospital's Cognitive Intensive Outpatient Program (SMVH COG IOP)

## What is cognitive therapy?

Cognitive therapy is a research-based treatment that has been shown to help people who experience a variety of symptoms, including depression, bipolar disorder, panic disorder, anxiety, anger, grief and loss, and guilt and shame. This type of therapy identifies the relationship between thoughts, feelings, and behaviors, and examines their impact on life situations. Cognitive therapy teaches skills for monitoring and changing thoughts and behaviors that are related to problem areas. The basic components of cognitive therapy help people to decrease behaviors that maintain anxiety and depression, improve coping skills, increase motivation to deal with issues, and develop healthier responses to life situations and stressors.

## Cog IOP

The Cog IOP offers a structured group therapy treatment program. Group sessions focus on providing education and addressing core problem areas. The Cog IOP schedule is as follows:

- Five days per week
- Three hours per day
- 8:45 am to 11:45 am or 12:45 pm to 3:45 pm

## Who can benefit from cognitive therapy?

Cognitive therapy has been successfully used with people who experience symptoms of:

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

For referrals to the Cog IOP, please call 858.836.8459.