

Intensive Outpatient and Partial Hospitalization Program (IOP-PHP)

**Center for Psychological Assessment, Evaluation, Mental Health and
Substance Abuse Treatment**

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Our program schedule varies for each individual based on clinical need specific requests from clients or referents. We offer a continuum of care, including partial hospitalization (PHP), intensive outpatient (IOP), and outpatient (OP).

PHP: 30 hours of therapeutic services per week, which amounts to over 120 hours of treatment per month, including a combination of individual and group sessions. PHP clients come in 5 days/week.

IOP (Tier 1): 15 hours of therapeutic services per week (or more), which amounts to over 60 hours of treatment per month.

IOP (Tier 2): 12 hours of therapeutic services per week (or more), which amounts to over 48 hours of treatment per month.

IOP (Tier 3): 9 hours of therapeutic services per week (or more), which amounts to over 36 hours of treatment per month.

OP: 1-8 hours of therapeutic services per week.

OUR PHILOSOPHY

**At VCAT Treatment Center, we believe “Quality Care starts with a Quality Program”
Furthermore, we also believe, there is a strong bond between Mind and Body, thus, a
Healthy YOU start with a Health Strong Mind**

Important topics covered in our Program

Post-Acute Withdrawal Syndrome Or PAWS

Relapse Prevention Skills

How to Manage Urges and Cravings

Understanding the Brain Chemistry of Addiction

Progression of the Disease of Addiction

Introduction To the Twelve Steps

Spirituality

Stages of Change

Focus On Co-Occurring Disorders and the Effects on Addiction and Recovery

The Family Education Program

VCAT Treatment Center Program's Milestone

1. Intake (Client's medical history, Policy and Procedures, Privacy and Confidentiality)
2. Initial Assessments and DSM-Diagnosis (Psychiatric/Psychological Testing/Brain Mapping EEG/QEEG Assessments)
3. Individual Treatment Plan
4. Treatment (Addressing Mental Health and Substance Abuse)
5. Post Assessments (Psychiatric/Psychological Testing/ Brain Mapping EEG/QEEG Assessments)
6. Discharge/After Care

Treatment Methodology

Evidence Based and Cutting Edge Interventions

A. Brain and NeuroCognitive based Treatment (VCAT) along with real time Brain Mapping

Neural network abnormality and chemical imbalance in the brain has been proven to play an important role in mental health and addiction disorders.

Real time Brain Mapping

Brain mapping (QEEG) helps us to understand the relationship between structure and function of the brain in order to be able to treat psychological and psychiatric disorders. Brain mapping with its topographic display is a method of analyzing the electrical activity of the brain to derive quantitative patterns that may correspond to diagnostic information and/or cognitive deficits. The analysis of brain electrophysiological data has been proposed for use in the diagnosis of various psychiatric and psychological disorders.

Visual Concentration Attention Therapy (VCAT) Cognitive Neuroscience Methodology

VCAT as a Neuropathway Therapy interacts directly with the overall brain's functioning system through neurocognitive stimulation within visual Field (VF) to the brain's malfunctioning areas (over active, under active, non-active) to Balance (enhancing and balancing Brain's chemical imbalance and the firing rate of its neurons-brain waves) increase plasticity (creating a healthy mental environment throughout the brain-increasing healthy blood flow-nutrition and oxygen), rejuvenate (new pathways, connections, and Neurogenesis), as well as regulation (homeostasis- brain's ability to maintain its new healthy and enhanced neuro-functioning system). It is the most precise treatment plan for improving symptoms of anxiety, depression, addictions, schizophrenia, ADHD, and overall mental and cognitive health. VCAT is safe, fast, and has the major benefit of being drug free.

Neurofeedback

Brain waves focused biofeedback that presents real-time feedback from brain activity in order to reinforce healthy brain function through operant conditioning.

B. Individual Counseling

Psychodynamic Therapy is a form of depth psychology, the primary focus of which is to reveal the unconscious content of a client's psyche in an effort to alleviate psychic tension.

Interpersonal Therapy (IPT) is a time-limited psychotherapy that focuses on the interpersonal context and on building interpersonal skills. IPT is based on the belief that interpersonal factors may contribute heavily to psychological disorders

Cognitive-Behavioral Therapy (CBT) refers to a range of techniques which focus on the construction and re-construction of people's cognitions, emotions, and behaviors. The therapist helps clients assess, recognize and deal with problematic and dysfunctional ways of thinking, emoting and behaving.

Dialectical Behavior Therapy (DBT) combines standard CBT techniques for emotion regulation and reality-testing with concepts of distress tolerance, acceptance, and mindfulness awareness.

Motivational Interviewing (MI) is a therapeutic approach that works on facilitating and engaging intrinsic motivation within the client in order to change behavior. MI is a goal-oriented, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence.

C. Group Therapy

Weekly Group Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30am	Mindfulness Meditation Lab/Drug-Alc Test	Mindfulness Meditation	Mindfulness Meditation Lab/Drug-Alc Test	Mindfulness Meditation	Mindfulness Meditation Lab/Drug-Alc Test
9:45am	Recovery and Wellness	Emotional Sobriety Group / Co-Dependency	Life and Recovery management	Relapse Prevention Living Sober/Recovery	Psycho Education Group Drug and Brain Understanding Mental Health/Addiction
11:00am	Dialectical Behavior Therapy (DBT)- PTSD Emotional Regulation	Cognitive Behavioral Therapy CBT - Cognitive Distortion, Self Esteem, Anxiety, Depression	Yoga-Spirituality Positive Psychology Thoughts/Behavioral Corrections	Healthy Relationship Family Dynamics Group	Life/Carrier/ Goal Coaching Academic Coaching
12:30pm	Nutrition check in	Nutrition check in	Nutrition check in	Nutrition check in	Nutrition check in
1:00pm	Coping Skills Success/Motivation Recovery Management Group	Community Integration Life Skill Groups= Community Integration, Stress Management, Impulse Control,	Open Topic	Anger management Emotional Sobriety Group Living Sober/Recovery	Nutrition/Physical Activity Educational Group
2:30	Gender Specific Group- Improving Self talk, Body image, Health Education, Healthy Relationship	Therapeutic/problem Solving Solution Focused Therapy	Mood management Controlling Intrusive Thoughts-	Acceptance and Commitment Creating strategies in maintain sober and healthy	2:30pm to 3:30pm Art/Music Therapy
Through Out the day	<i>Brian and NeuroCognitive based Treatment</i> (Neuropathway Treatment with VCAT Brain Mapping with QEEG/VCAT	Individual Counseling Trauma Therapy Psychoanalysis and psychodynamic therapies Neurofeedback	<i>Brian and NeuroCognitive based Treatment</i> (Neuropathway Treatment with VCAT Brain Mapping with QEEG/VCAT)	Optional Choices Individual Psychotherapy, Acupuncture, or Neurofeedback	<i>Brian and NeuroCognitive based Treatment</i> (Neuropathway Treatment with VCAT Brain Mapping with QEEG/VCAT)

D. Acupuncture (Optional)

E. Herbal Therapy (Optional)

An acupuncturist is allowed to engage in the practice of acupuncture, electroacupuncture, perform or prescribe the use of oriental massage, acupressure, moxibustion, cupping, breathing techniques, exercise, heat, cold, magnets, nutrition, diet, herbs, plant, animal, and mineral products, and dietary supplements to promote, maintain, and restore health pursuant to Business & Professions Code Section 4937.

All of our Therapeutic Services are provided by addiction and mental health specialists whose expertise and evidence-based approaches make them leaders in the field, including psychologists, psychiatrists, registered dietitians, spiritual counselors, neurofeedback practitioners, life coaches, mindfulness meditation counselors, acupuncturists, and clinical case managers.

Lab work

We do drug and alcohol testing three times a week and as needed.