



Integrated Care Concepts & Consultation

New Jersey's Premier Mind/Body Service Provider Is Pleased to Introduce:

INTEGRATED AFTERCARE®
Enhanced Dialectical Behavior Therapy (DBT) Services

Enrollment Is Now Open

615 Hope Road | Bldg. 5B, 2nd Floor
Eatontown, NJ 07724

Call 732.389.0697 to schedule your interview.
www.integratedcareconcepts.com



Jessica DeMaio, MSW, LSW
Coordinator, Integrated AfterCare®

The Enhanced DBT program at Integrated AfterCare is led by Jessica DeMaio. Ms. DeMaio is a licensed social worker who received her graduate training at Fordham University, Lincoln Center. She completed an additional certification in DBT from Behavioral Tech, an intensive course founded and supervised by Dr. Marsha Linehan, the formulator of DBT. Ms. DeMaio has worked with adults, adolescents, and children in both residential and outpatient settings, specializing in individual and group care for those struggling with anxiety, depression, emotional dysregulation, self-injury, trauma, and issues specific to the LGBT population. In addition to her credentials in DBT, she is certified in Equine Assisted Psychotherapy (EAP).

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INTEGRATED AFTERCARE® *Enhanced Dialectical Behavior Therapy (DBT) Services*

In order to move beyond trauma and depression, a survivor must remember that her life has a purpose apart from suffering. She must remind herself that her story is still evolving, that she has the power to determine what happens next, regardless of the intensity or duration of her pain.

The Enhanced DBT program at Integrated AfterCare is designed to honor the totality of the survivor – not just her pain, but also her joy, wisdom, and strength. We encourage our clients to accept themselves as they are even as we help them develop the capacity for post-traumatic growth. The program is founded on compassionate, evidence-based care, combining traditional DBT techniques with clinical yoga and meditation practices. We work with women and female adolescents who are struggling to feel mindful and embodied, who hope to reconnect with a sense of wholeness, of meaning, of possibility. Our clients may be vulnerable, but they're never defeated.

Our Enhanced DBT AfterCare program offers:

- **Weekly DBT skills groups with clinical yoga & meditation**
 - Separate groups for women & female adolescents
 - Expert monitoring & regulation of co-occurring conditions, including substance abuse, eating disorders, self-harm & other emotionally dysregulated behaviors/traumas
 - Premium DBT treatment protocols: skills group, mind/body program, individual therapy, phone coaching, take-home assignments
 - Coordination with ICC&C's complete continuum of care, from psychiatric evaluation to medication management
- **Weekly parents & partners group that runs parallel to DBT participant course**
 - Sessions provide education, counseling & skills training in such topics as "Parenting/ Partnering for Recovery"
 - Yoga & meditation classes for parent/partner wellness
 - Peer-to-peer support: learn from & confide in others who've encountered similar suffering, disruption & trauma
 - Clinical advice on crisis planning, community resources & other continuing care strategies

Insurance Accepted for DBT Skills Groups • Exclusive Discounts Available for Group Yoga & Meditation Classes

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