

## OUR TEAM

Ronald Sager, M.D., triple-board certified psychiatrist, has created a comprehensive approach to our intensive outpatient programs aimed at creating lasting change.



### Board Certifications

General Psychiatry, Child and Adolescent Psychiatry, Addiction Psychiatry

Our multidisciplinary team is licensed/certified and offers a high level of experience in a broad range of evidence-based treatments:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Motivational Interviewing (MI)
- Stress/Health Management
- Eye Movement Desensitization and Reprocessing (EMDR)
- Acceptance and Commitment Therapy (ACT)
- Mindfulness-Based Cognitive Therapy
- Multi-Family Group
- Psychodynamic Psychotherapy

**WE ACCEPT AND BILL MOST INSURANCE PLANS. OUR INSURANCE SPECIALISTS ARE AVAILABLE TO HELP.**  
**(855) 414-8100**



**BALANCE TREATMENT  
OF SAN LUIS OBISPO**

## WHAT DISTINGUISHES US?

- **WE ARE STEADFAST. WE DO NOT STOP AT SYMPTOM RELIEF.**

We have successfully treated clients with long histories of mental health and substance abuse problems who have cycled in and out of programs and treatment over many years. We believe this success comes from our treatment philosophy, which addresses underlying core conflicts.

Our programs go beyond symptom relief; our programs are fundamentally designed to help clients reevaluate and establish their foundation. This approach allows us to treat clients with a wide variety of diagnoses and struggles.

- **WE KEEP OUR GROUP SIZE SMALL FOR GENUINE INDIVIDUALIZED TREATMENT.**

Our team works together daily to build, adjust and adapt each person's treatment experience. Our group size allows us to create very different programs for each client, involving the clients in the development of their own treatment.

- **WE USE A COLLABORATIVE APPROACH.**

Family members, significant others and outpatient providers are included in the treatment and discharge process with the client's consent. This will help to develop appropriate treatment, education and ongoing support of the client and family. Our program includes multi-family group and parent support group sessions.

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**1551 BISHOP STREET, STE 130-A  
SAN LUIS OBISPO, CA 93401  
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Our intensive outpatient program, Balance Treatment of San Luis Obispo, is for anyone who may benefit from group therapy. This type of treatment can serve as a form of aftercare following inpatient or partial hospitalization or as an option for those who find that individual psychotherapy alone is not an adequate source of support for addressing their concerns.



We treat people who suffer from a broad range of mental health issues including depression, bipolar disorder, generalized anxiety disorder, posttraumatic stress disorder, obsessive-compulsive disorder, oppositional defiance, and dual diagnosis.

Balance Treatment of San Luis Obispo is a structured program lasting 2-3 months on average. Clients are exposed to a range of evidence-based treatments in a group setting 3-5 days per week, including weekly multi-family groups.

**WE HAVE PROGRAMS FOR ADULTS AGES 18 AND OLDER,  
AND ADOLESCENTS AGES 12-17.**



## ADULT PROGRAM

Many people struggle in their treatment for problems such as depression, anxiety, trauma, or co-occurring disorders while dealing with painful emotions and conflict. It is common for people to feel they are isolated in their suffering and fears. Our program allows clients to immerse themselves in a small, intensive and structured group setting.



Clients who join our groups will realize they are not alone, as they may have feared their entire lives. Clients will gradually become more comfortable expressing themselves in the group, thereby gaining a sense of belonging.

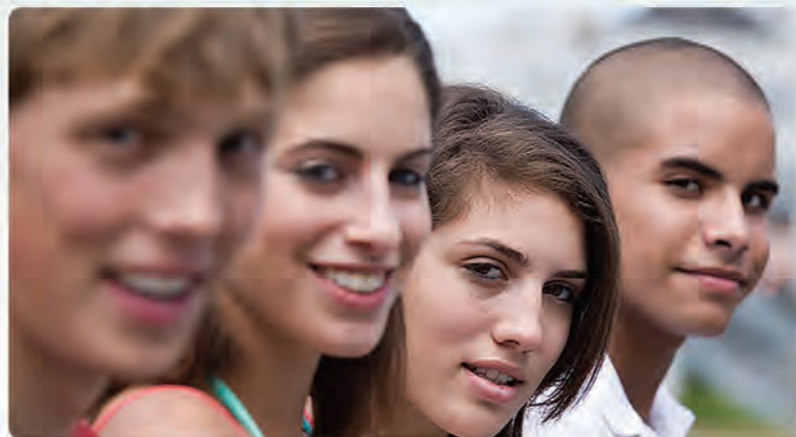
Clients will learn a variety of skills to help with their painful emotions and fears as they surface. We will work together to uncover the underlying sources of pain. Our goal is to provide a long-term path to stability rather than a short relief.



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## ADOLESCENT PROGRAM

Any family can find themselves struggling through the developmental stages of adolescence. Teens often struggle with depression, anxiety, self-injurious behavior or social and family pressures. The results can leave a family in crisis and weekly therapy simply is not enough structure for healing.



We help to challenge teens to do something different; to act and react in a manner that will enable the teen to take responsibility for his or her actions and understand that each family member has a role to play in the overall wellbeing of the family dynamic.

Balance staff uses a family-systems approach, identifying and discussing family dynamic issues. We work cooperatively with the adolescent, and we provide support and education for the adolescent's parents. Family members as well as outpatient providers are included in the recovery, treatment and discharge process.

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## VALUE OF GROUP THERAPY

Group therapy is not, as some may imagine, simply psychotherapy conducted with a group of people rather than with an individual. While the therapist leading the group is essential to the development of the discussion, the group itself plays an equally important role in contributing to the process of identifying and helping to change destructive beliefs.



Group therapy is a microcosm of the social environment that we, as people, inhabit in everyday life. By providing our clients with the opportunity to operate in a group setting as they would in their daily lives, we reveal blind spots, which ultimately allows them to make changes and to foster healthy social habits, to create and pursue goals and to live a happy life.

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