



# SAINT LUKE INSTITUTE

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## INTENSIVE OUTPATIENT PROGRAM

### Healing with Dignity

Saint Luke Institute's Intensive Outpatient Program (IOP) provides in-depth, holistic treatment in a supportive environment for clergy and men and women religious. Clients live locally and independently. Our IOP offers them the freedom to maintain the rhythms of daily life while in treatment to foster a more natural transition back to ministry and community life.

### A Comprehensive Approach

The IOP treatment framework is tailored to individual needs. Program elements include:

- Individual and Group Therapy
- Spiritual Integration
- Skills and Education Groups
- Art Therapy and Experiential Groups
- Fitness and Nutritional Guidance
- Medical Consultation and Management
- Five Years of Continuing Care

*Saint Luke Institute is accredited by The Joint Commission and is licensed by the State of Maryland Department of Health and Mental Hygiene.*





# A CONTINUUM OF CARE

THROUGH THE FULL VOCATION LIFE CYCLE

## **Our Commitment**

*Our mission* is to foster healthy ministers for a vibrant Catholic Church. *Our experience* tells us that integrated spiritual and psychological treatment achieves the best long-term outcomes. *Our expertise* assures quality, healing care when it is needed most.

## **How We Help**

### *Candidate Assessment*

We evaluate permanent diaconate, priesthood, and religious life candidates for vocational suitability during an extensive, multi-day spiritual and psychological assessment.

### *Clinical Evaluation*

We conduct a five-day comprehensive psychological and spiritual evaluation resulting in a thorough diagnosis and actionable treatment plan for growth and healing.

### *Outpatient Therapy*

We offer group and individual therapy and spiritual direction for local laity, clergy, and religious to help them address and navigate struggles affecting daily life.

### *Consultation*

We support leadership with professional insights and expert guidance to manage complex pastoral challenges affecting ministry life.

### *Education*

We develop high quality, accessible spiritual and psychological resources to foster sustainable ministry for the global Church: in person and online at [SLIconnect.org](http://SLIconnect.org).

*We Understand. We Are Here to Help.*

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