

## DIRECTIONS

### *From points south:*

Follow Route 95 North to Providence.

Take exit 18 for Thurbers Avenue

Keep left at the fork, follow signs for Eddy Street

Continue straight onto Thurbers Avenue

Make an immediate right onto Eddy Street

Rhode Island Hospital will be on your left in approximately 1 mile

### *From points north:*

Follow Route 95 South to Providence.

Take exit 19 toward Eddy Street

Turn right onto Eddy Street

Rhode Island Hospital will be on your right

### *Parking*

Parking is available in any of the public lots, including lots on Eddy Street, Plain Street, and Willard Avenue. Please contact the parking office at 401-444-4013 if you are unsure whether your car is legally parked.

Ask for directions to the Potter Building at any information desk, or access <http://www.rhodeislandhospital.org> for more information.

Daily parking in hospital lots is available for a reduced fee to most patients. Please ask our staff for more information.

We accept most major insurances, including Medicare and Medicaid.

Please refer patients to call: (401) 444-2128 or fax referrals to (401) 444-8836.

## RHODE ISLAND PARTIAL HOSPITAL PROGRAM IN ACCEPTANCE AND MINDFULNESS-BASED THERAPIES

### Potter Building

593 Eddy Street, Second Floor

Providence, RI 02903

401-444-2128



### Rhode Island Hospital

*A Lifespan Partner*

The principal teaching hospital of  
The Warren Alpert Medical School of Brown University

LSMC 1113

## RHODE ISLAND PARTIAL HOSPITAL PROGRAM IN ACCEPTANCE AND MINDFULNESS-BASED THERAPIES



### Rhode Island Hospital

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# RHODE ISLAND PARTIAL HOSPITAL PROGRAM IN ACCEPTANCE AND MINDFULNESS-BASED THERAPIES



**Rhode Island Hospital**  
*A Lifespan Partner*

## Acceptance and Commitment Therapy

Acceptance and Commitment Therapy (ACT) and mindfulness-based therapies are empirically-supported, third-wave behavior therapies. Their aims are to increase mindful awareness of thoughts and feelings, encourage willingness to experience these thoughts and feelings, and promote action in valued areas of life. ACT and mindfulness-based interventions are supported by extensive ongoing research, including over 60 clinical trials with several thousand participants. These studies have confirmed their efficacy as therapeutic approaches for a broad range of patient concerns, including (but not limited to) mood and anxiety disorders.

## Our Mission

The Partial Hospitalization Program provides intensive, short-term treatment designed for individuals with acute psychiatric concerns. After completing a day of treatment, individuals return home for the evening. This minimizes disruption to their daily routines, maintains uninterrupted support of family and friends, and facilitates learning by encouraging immediate practice of newly acquired skills.

We believe that patients should have ample opportunity to speak with a specialist; therefore, patients are seen by their psychiatrist and therapist for individual sessions every day.

## Daily Schedule

8:00 - 8:45 am Opening Session  
9:15 - 10:00 am ACT Group  
10:45 - 12:15 pm Interpersonal Group  
12:15 - 1:00 pm Lunch (provided by program)  
1:00 - 1:45 pm Mindfulness and Coping Skills Group

## Coordination of Care

We offer telephone consultation and send a detailed report to primary care physicians and outpatient behavioral health providers to help them provide their patients with the most informed and complete care and facilitate the transition to outpatient care after leaving the program.

**We provide evidence-based treatment using integrated care.** Our clinical research team is nationally recognized for treatment-relevant and diagnostic science. We actively research the application of, and processes involved in, acceptance and mindfulness-based treatments. We also share our findings on an ongoing basis in national and international settings, including in scientific journals and at conventions.

## Program Services

Our team of psychiatrists and psychologists provides a broad range of treatments including:

- Medication Management
- Individual Psychotherapy
- Didactic Group Interventions
- Interactive Interpersonal Group Psychotherapies
- Family and Couples Sessions

It is our priority to tailor treatment to meet each patient's unique needs. We draw flexibly from a range of specialized treatments which complement the ACT model, including:

- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT), including CBT for Insomnia
- Interpersonal Psychotherapies
- Psychoeducation and Didactics

**Our staff is comprised of nationally recognized clinicians and researchers with expertise in treating adults with a broad range of concerns:**

### *Mood Disorders*

- Depressive disorders
- Bipolar disorders (manic-depression)

### *Borderline Personality Disorder and other Personality Disorders*

### *Eating Disorders*

### *Anxiety Disorders*

- Panic disorder (with agoraphobia)
- Obsessive-compulsive disorder (OCD)
- Posttraumatic stress disorder (PTSD)
- Generalized anxiety disorder (GAD)
- Social phobia

### *Other Concerns*

- Impulse control disorders
- Adjustment disorders
- Psychotic disorders
- Issues related to trauma, including domestic abuse, incest, sexual abuse and rape
- Family and marital issues
- Job pressures and stress management

## Our Team

Mark Zimmerman, MD, Director  
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Kristy Dalrymple, PhD

Catherine D'Avanzato, PhD

William Ellison, PhD

Deirdre Gale, MA, LMHC

Darren Holowka, PhD

Bess Mehring, MD

Sydney Moon, MD

Theresa Morgan, PhD