WHAT IS IBB?

INTEGRATED BRIEF BEHAVIORAL

IBB is brief solution-focused counseling that helps you with life's current stressors. IBB is offered at both WWH locations or via telehealth for up to 12 sessions. Ask your primary care provider for a referral.

- Brief counseling to build on your natural strengths and resilience
- Targeting specific emotional or behavioral problems
- Building skills and ability to cope with life stressors

WHAT YOUR IBB LIFE CYCLE MAY LOOK LIKE

Sessions 1-2: EXPLORATION

- Identify the problem you want to work on
- Assessment
- Review your diagnosis
- With your counselor, create a course of action

Sessions 2-9: THE WORK

- You and your counselor decide what modality/ modalities to use
- Impactful conversations based in care, curiosity, and collaboration
- Integrating what we're learning about you as we go
- Pause to check in on our work together

Sessions 9-12: INTEGRATION

- Begin to talk about cementing your progress when IBB is complete
- Reinforce your inner strengths and resilience
- Practice skills learned in IBB
- Develop your plan for what's next after finishing IBB

AFTER YOU'RE DONE WITH IBB

- Remember that behavioral change takes practice
- Reinforce your natural strengths and capacities
- If you need a "check-in" session, please reach out to your behavioral health or primary care provider
- Evaluate your time in IBB here

MISSION OF IBB

- Our intention with IBB is that you can integrate and enhance your natural strengths, skills, internal/external resources, and what we've worked on together into your life.
- One thing we know is that curiosity without judgment, self-compassion, and grace for yourself are key to continuing your growth.
- More than anything, we believe that YOU have the answers you need inside of you; our job is to work in partnership with you to uncover them.
- It's possible that things may come up in your time in IBB that you didn't know were there, or that you've been unwilling or unable to talk about. IBB is designed to work on a particular issue. If you find you need to dig into something else or that you want to continue with therapy, we will work with you on a plan to move forward, which may include a referral to care outside of Whitman-Walker.

RESOURCES FOR WHEN IBB IS DONE

GROUPS AT WHITMAN-WALKER HEALTH

- Group Psychotherapy
- Peer Support Group

RESOURCES IN THE COMMUNITY

- Emergency Hotlines (EN/ES)
- Medicaid Behavioral Resources (EN/ES)
- Finding a Therapist (EN/ES)
- Support Trans Youth (EN/ES)
- Neurodivergence & Learning Differences Resources (EN/ES)
- How to Find Gender Affirming Support (EN/ES)
- Finding a QBIPOC Affirming Therapist (EN/ES)
- Substance Use Disorder Treatment (EN)