



ABOUT US

At Sophros Recovery, we are dedicated to helping the residents of Florida, find a better way forward in life.

Our team provides personalized addiction treatment in a flexible outpatient setting.

Here, clients start the path to a lifetime of healing by addressing the underlying causes of addiction and regaining control of their lives.

Sophros Recovery has created a serene, welcoming setting where addiction treatment professionals, people struggling with addiction, and their dedicated loved ones can connect and heal.

Personalized treatment plans are available for everyone who comes to us for help breaking free from the cycle of addiction.

Join Our Virtual IOP Today

Gain the tools to regain your life. Join the Sophros Recovery Virtual Intensive Outpatient Program today.



SOPHROS
RECOVERY

Contact Us:

Visit our website at
www.sophrosrecovery.com

Call us at **(813) 592-7053**
to learn more and get
started.

Email:
info@sophrosrecovery.com



SOPHROS
RECOVERY

SOPHROS RECOVERY VIRTUAL INTENSIVE OUTPATIENT PROGRAM

HIGH-QUALITY ADDICTION
TREATMENT WHEREVER YOU ARE



(813) 592-7053

10500 University Center Dr, Suite 215 Tampa, FL 33612

www.sophrosrecovery.com

Welcome to Our Virtual IOP

At Sophros Recovery, we understand that not everyone in Florida has viable access to high-quality treatment.

That's why we're excited to introduce our new Virtual Intensive Outpatient Program, or IOP.

Our Virtual IOP is designed differently than other virtual options, bringing the highest quality of addiction treatment directly to you, wherever you are.

As a small, privately-owned center, we offer the same comprehensive care as our in-person programs, but with the flexibility and convenience of online access.



Our Virtual Program

Customized to leverage the format and quality of our live program, our virtual IOP program translates Sophros' exceptional care into a virtual setting.

PROGRAM FEATURES:

Individual Therapy:

Personalized sessions tailored to your specific needs.

Group Therapy:

Interactive group sessions fostering a supportive community.

Family Counseling:

Involving loved ones in the recovery process.

Therapeutic Techniques:

Cognitive-Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Accelerated Resolution Therapy (ART), mindfulness, and more.

Before you start, you will receive the Sophros welcome packet. This consists of a book with the entire curriculum, read-ahead materials, active worksheets to follow along with the programming, and homework for between sessions. You will receive other items in this packet to enhance your online experience.

Why Choose Our Virtual IOP?



Flexibility:

Designed to fit into your life, with flexible scheduling options that allow you to continue meeting your personal and professional commitments.



Quality Care:

Our therapists use evidence-based virtual practices, including group therapy with breakout groups, virtual whiteboarding, and all other best practice tools to replicate the live Sophros experience.



Comprehensive Support:

We focus on building coping skills and resilience through a mix of therapeutic techniques and ongoing support.



Consistency:

From the curriculum to the drug testing protocols, we have replicated the live program entirely in a virtual setting to replicate the quality and outcomes.



Insurance:

We are in-network with almost all insurance providers (including Tricare), in order to make virtual care affordable for clients.