

Women's Program



Princeton House
Behavioral Health

Princeton HealthCare System

PRINCETON | HAMILTON | NORTH BRUNSWICK
MOORESTOWN | EATONTOWN

Partial Hospital | Intensive Outpatient

Princeton House Behavioral Health (PHBH), a unit of Princeton HealthCare System, offers innovative behavioral healthcare for women.

The Women's Program is considered by many behavioral health professionals as the premier service of its kind in New Jersey. Utilizing evidence-based practices, the program is sensitive to the special needs of women facing crises involving trauma, trauma and addiction, or life transitions.

Our multidisciplinary team of board certified psychiatrists and highly qualified counseling professionals provides comprehensive, compassionate care for women and their families.

Admissions: 888.437.1610

Fax: 609.683.6840

Treatment options:

Partial Hospital

Six-hour day treatment programs offered four to five days per week

Intensive Outpatient

Three-hour day treatment programs offered three days per week

The Women's Program offers

Patient care that includes:

- Comprehensive evaluation
- Individualized treatment plan, sensitive to biological, psychological, and social issues
- Integrative evidence-based treatment, including motivational enhancement, emotion regulation training, seeking safety, cognitive behavioral approaches, and neurobiological legacy of trauma
- Group and individual therapy
- Family intervention, when indicated
- Expressive therapies, such as yoga, art, writing, and music therapy
- Education about mind-body connections in maintaining physical and emotional health
- Medication management by a board certified psychiatrist with a thorough understanding of gender, body image, and psychopharmacology
- Coping and life skills training
- Skills groups informed by Dialectical Behavior Therapy (DBT)
- Collaboration with area therapists and other treatment providers

Treatment teams who are:

- Experts in their specialties
- Sensitive to a woman's perspective
- Dedicated to individualized care and collaboration with the patient
- Professionals in a wide range of disciplines (board certified psychiatrists, licensed psychologists, licensed clinical social workers, licensed professional counselors, registered nurses, registered dietitians, and allied clinical therapists)
- Focused on symptom stabilization prior to processing of traumatic memories
- Intensively trained in DBT

Offering a variety of programs to meet



Trauma

This program helps women understand the impact of trauma or early experiences in their lives.



Trauma & Addiction

This program is committed to helping women understand the relationship between trauma and substance abuse. Women work through trauma-based patterns in their lives while maintaining abstinence through relapse prevention plans and learning coping skills. Random drug screens and laboratory testing are used as therapeutic tools in monitoring sobriety.

Emotion Regulation

This program incorporates mindfulness-based compassion and DBT-based principles to increase coping and regain a life worth living.

your needs



Dialectical Behavior Therapy (DBT) Skills

This program is for women who have difficulty processing emotions, and who tend to respond to their emotions with self-harming behaviors and suicidal thoughts.

Program goals include:

- Teaching skills that help women exert more control over their emotions, including:
 - Mindfulness
 - Distress tolerance
 - Emotion regulation
 - Interpersonal effectiveness
- Reducing self-harming and life-threatening behaviors
- Adherence to DBT model



Emotional Eating

This is a unique program for women suffering from both disordered eating patterns and mood disorders. This program helps women understand the connection between emotional dysregulation and eating behaviors, while offering alternative coping strategies and healthier life skills.

Program goals include:

- Reducing symptoms of depression, anxiety, bipolar disorders, and the full spectrum of traumatic disorders
- Understanding the connection between disordered eating and emotions
- Dialectical Behavior Therapy (DBT) skills training
- Nutrition counseling and supportive meals
- Exploring body image issues
- Support and education for families in a weekly psychoeducation group

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Teen Girls' Program

The Teen Girls' Program offers comprehensive treatment to girls ages 13 to 18 who are suffering from both mood and behavioral issues. This program offers a supportive and safe environment for girls to explore developmental issues unique to young women as they transition into young adulthood.

Program goals include:

- Reducing symptoms of depression, anxiety, bipolar disorders, and the full spectrum of traumatic disorders
- Dialectical Behavior Therapy (DBT) skills training
- Developing healthy communication skills and positive self-esteem
- Support and education for families in a weekly psychoeducation group

Three program options:

- Adherent DBT for girls who have difficulty regulating emotions and managing self-harm behaviors, impulsive behaviors, and suicidal thoughts
- Trauma-focused program to help teen girls understand the impact of trauma upon their current functioning and to learn skills to manage symptoms of PTSD
- Emotional Eating Program for girls with mood disorders and disordered eating behaviors

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Princeton House Behavioral Health

Princeton HealthCare System

Redefining Care

ADMISSIONS PHONE NUMBER:

888.437.1610

princetonhouse.org

Women's Program Locations

Princeton

1000 HERRONTOWN RD.
PRINCETON, NJ 08540

North Brunswick

1460 LIVINGSTON AVE., BUILDING 100
NORTH BRUNSWICK, NJ 08902

Hamilton

300 CLOCKTOWER DR., SUITE 101
HAMILTON, NJ 08690
(INTERSECTION OF YARVILLE-HAMILTON SQ.
AND KUSER RDS.)

Moorestown

351 NEW ALBANY RD.
MOORESTOWN, NJ 08057

Eatontown

615 HOPE ROAD
VICTORIA PLAZA, BUILDING 1B
EATONTOWN, NJ 07724

**All programs are not offered at all locations.
Please call Outpatient Admissions at 888.437.1610
to help guide you.**

Most insurance plans accepted, Medicaid and Medicare accepted for most programs. Transportation may be available for Partial Hospital Programs.