



## **VIRTUAL HALF-DAY PARTIAL**

### **SCHEDULE** **Monday through Friday**

<b>Morning Session</b>	
9:00-9:45	Mindfulness Practice and Daily Goals Group
9:45-10:30	DBT Skills Group
10:30-10:45	Break
10:45-11:30	DBT Skills Application Group
11:30-12:00	Treatment Review and Evening Goals Group

The Skills Coaching Group for Parents and Guardians of adolescent patients is offered on Thursdays, 9:45-10:30a.m.

### **GROUP DESCRIPTIONS**

**Mindfulness Practice and Daily Goals Group** - During the first group of the day, a licensed clinician takes attendance, reads community guidelines, and manages any community-related concerns. After a grounding mindfulness practice, each patient is assessed and their progress from the previous evening or weekend is reviewed. The clinician assists patients in identifying their problem behaviors and in making a goal for behavior change during the program day. Useful coping skills are reviewed in order to help the patient meet their treatment goals.

**DBT Skills Group** - Adapted from standardized DBT, licensed clinicians use didactic and experiential modalities in daily Dialectical Behavior Therapy (DBT) groups to teach the core concepts of mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Therapeutic goals include: increasing mindfulness of the present moment, tolerating intense and stressful emotions without making them worse through impulsive or unsafe behavior, distinguishing problems that must be accepted from those that can be changed, decreasing vulnerabilities to unwanted emotions, and maintaining self-respect while effectively getting needs met in interpersonal relationships.

**DBT Skills Application Group** – Principles of Dialectical Behavior Therapy (DBT) learned in the DBT Skills groups are rehearsed and applied to presenting problem behaviors, emotion dysregulation, and interpersonal stressors. To make content interactive and engaging, licensed clinicians use a variety of modalities including group discussion, visual art projects, creative writing exercises, roleplays, therapeutic games as well as viewing and discussing clips from popular films to facilitate group process.

**Treatment Review and Evening Goals Group** – Each day ends with a licensed clinician conducting an assessment of each patient's mood state, safety, and progress for the day. Each patient sets a goal for the evening or weekend. Patient peers and clinicians participate in giving feedback to each community member regarding their behaviors during the day. Patients are encouraged to reflect on the positive and negative aspects of the day and to make plans for the evening or weekend. When patients discharge, the community holds a closure ceremony to encourage reflection on their progress in the program.