

# Group Programming Weekly Schedule

## Partial Hospitalization Program/ Intensive Outpatient Program

START Date: \_\_\_\_\_ Assigned Therapist: \_\_\_\_\_ ext. \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am - 9:50am	GOAL PLANNING	GOAL PLANNING	GOAL PLANNING	GOAL PLANNING	GOAL PLANNING
10am-10:50am	Group Psychotherapy	Group Psychotherapy	Addictive Behaviors DBT Concepts	Group Psychotherapy	Group Psychotherapy
11:00am-11:50am	Mindfulness	Coping with Anxiety and Depression	Interpersonal Effectiveness	Emotion Regulation	Distress Tolerance
12:00pm-12:50pm	Balanced Living	Expressive Art Therapy Self-Compassion	Vocational Skills Family Dynamics	Managing Intense Emotions	Taking It Home
12:50pm-1:00pm	Review of the Day	Review of the Day	Review of the Day	Review of the Day	