

Sample Weekly Schedule

There are four "tracks" with the same content on different days that you will choose from, this is only one sample track.

Sunday	Monday	Tuesday	Wednesday	Thursday
Day/Time To Be Determined — Individual Therapy Session — One 50 min session				
Day/Time To Be Determined — Individual Caregiver Coaching Session — One 45 min session				
Group Meeting 4:45-5:45 pm	Safe and Sound Protocol (SSP) - Mindfulness Group 4:45-5:45 pm	Safe and Sound Protocol (SSP) - Music Group 4:45-5:45 pm	Safe and Sound Protocol (SSP) - Art Group 4:45-5:45 pm	Safe and Sound Protocol (SSP) - Mindful Movement Group 4:45-5:45 pm
Group Meeting 5:45-7:00 pm	Skills Coaching Group 5:45-7:00 pm	Skills Group Teens: 5:45-7:00 pm Caregivers: 6:00-7:15 pm	Skills Coaching Group 5:45-7:00 pm	Life Worth Living Group 5:45-7:00 pm
PM Meeting 7:00-8:00 pm	PM Meeting 7:00-8:00 pm	PM Meeting 7:00-8:00 pm	PM Meeting 7:00-8:00 pm	PM Meeting 7:00-8:00 pm

Our DBT program includes a core set of weekly appointments that are required. These include:

Individual Therapy - 50-Minute Session

Teens review their diary card and complete behavioral chain analysis as related to their target goals. Skills learned in group are reinforced. Dialectical thinking is taught and reinforced.

Individual Caregiver Coaching Session - One 45-Minute Session

Parents work on homework completion and identifying how they can both reinforce and validate their child's effort this week. Guidance around parent self-regulation is offered as needed. Problem solving, how to respond to difficult situations and problematic behavior is addressed.

Sunday Group Meetings

- One 60-Minute, One 75-Minute Session

Rotating topics including Emotional Awareness, Self-Enquiry, and "Glimmers".

PM Meetings - Five 60-Minute Sessions

Focused on DBT concepts, "Coping Ahead" with upcoming stressors, and winding down for the night.

SSP and Experiential Groups - Four 60-Minute Sessions

Teens utilize a ground-breaking music-based strategy to stimulate the vagus nerve and promote self-regulation, paired with experiential topics for Mindfulness including Art, Music, and Mindful Movement.

Skills Coaching Group - Two 75-Minute Sessions

Teens work on behavioral practice and using skills in their daily life. Obstacles to skills use are addressed.

Skills Group Session - One 75-Minute Class

Teen and adult partner(s) participate in this class. DBT skills are taught and demonstrated.

Life Worth Living Group One 75-minute Session

Teens build up their areas of interest and manifest the life they want.