

## Sample Weekly Schedule

There are two "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				
<p>Group Meeting 4:30-5:30 pm</p> <p>Group Meeting 5:30-6:30 pm</p> <p>Dinner Break 6:30-7:00 pm</p> <p>PM Meeting 7:00-8:00 pm</p>	<p>Mindfulness Group 4:30-5:30 pm</p> <p>Skills Group Teens: 5:30-6:45 pm Caregivers: 5:45-7:00 pm</p> <p>Dinner Break 6:45-7:00 pm</p> <p>PM Meeting 7:00-8:00 pm</p>	<p>Music Group 4:30-5:30 pm</p> <p>Skills Coaching Group 5:30-6:30 pm</p> <p>Dinner Break 6:30-7:00 pm</p> <p>PM Meeting 7:00-8:00 pm</p>	<p>Art Group 4:30-5:30 pm</p> <p>Life Worth Living Group 5:30-6:30 pm</p> <p>Dinner Break 6:30-7:00 pm</p> <p>PM Meeting 7:00-8:00 pm</p>	<p>Mindful Movement Group 4:30-5:30 pm</p> <p>Skills Coaching Group 5:30-6:30 pm</p> <p>Dinner Break 6:30-7:00 pm</p> <p>PM Meeting 7:00-8:00 pm</p>

### 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

- Two 60-Minute Sessions

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.

#### Experiential Groups - Four 60-Minute Sessions

Teens practice DBT skills using Mindfulness, Art, Music, and Mindful Movement.

#### Skills Coaching Group - Two 60-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 60-minute Session

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