

Morning IOP — Sample Weekly Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

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

Monday	Tuesday	Wednesday	Thursday	Friday
AM Meeting 8:00-9:00 am	AM Meeting 8:00-9:00 am	AM Meeting 8:00-9:00 am	AM Meeting 8:00-9:00 am	AM Meeting 8:00-9:00 am
Skills Coaching Group 9:00-10:00 am	Skills Group 9:00-10:00 am	Skills Coaching Group 9:00-10:00 am	Skills Group 9:00-10:00 am	Skills Coaching Group 9:00-10:00 am
Mindfulness Group 10:00 - 11:00 am	Music Group 10:00 - 11:00 am	Art Group 10:00 - 11:00 am	Mindful Movement Group 10:00 - 11:00 am	Life Worth Living Group 10:00 - 11:00 am

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.

AM Meetings - Five 60-Minute Sessions

Focused on DBT concepts, "Coping Ahead" with upcoming stressors, and getting ready for the day.

Experiential Groups - Four 60-Minute Sessions

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

Skills Coaching Group - Three 60-Minute Sessions

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

Skills Group Session - Two 60-Minute Classes

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.