



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00- 8:25	MD Rounds	MD Rounds	MD Rounds	MD Rounds	8:00- 8:25 MD Rounds
8:30- 9:50	Process Group	Process Group	Process Group	Process Group	8:30- 9:00 Self Study
10:00- 10:50	DBT Group	Life Skills Group	Relationship Building	Christian Living	9:00- 9:30 Spiritual Growth Group
11:00- 12:00	Lunch	Lunch	Lunch	Lunch	9:35- 10:50 Process Group
12:00- 12:50	Creative Discovery	Creative Discovery	Creative Discovery	Creative Discovery	11:00- 12:00 Lunch
1:00- 2:30	One-on-One <i>or</i> Self Study	1:00- 1:30 Spiritual Growth Group	1:00- 1:30 Community/ Goals Group	1:00- 1:30 Spiritual Growth Group	12:00- 12:50 Creative Discovery
2:30- 3:50	Multi-Family Group	1:30- 3:50 One-on-One <i>or</i> Self Study	1:30- 3:50 One-on-One <i>or</i> Self Study	1:30- 3:50 One-on-One <i>or</i> Self Study	1:00- 1:50 Assertiveness Group
					2:00- 4:00 One-on-One <i>or</i> Self Study

Individual therapy consists of 45 minute sessions three times a week. These times will vary depending on the availability of your individual therapist. Self-study time can be used to work on testing, complete therapeutic assignments, write in a journal, read books, listen to recordings, watch recommended DVDs, or have personal devotions.

Pastoral counseling is available weekly for those who are interested.

The Multi-family group is held in Suite 1410. This is a time for family members to be involved in treatment and gain information on ways to support one another and how to develop healthy family relationships. Family members may have a seat in Suite 1410's waiting room until a staff member comes to greet them to begin the group.