



# Morning IOP Schedule

Time	Monday	Tuesday	Wednesday	Thursday
<b>8:00 - 8:30</b>	MD Rounds	MD Rounds	MD Rounds	MD Rounds
<b>8:30 - 9:50</b>	Process Group	Process Group	Process Group	Process Group
<b>10:00 - 10:50</b>	DBT Group	Life Skills Group	Relationship Building	Life Skills Group

Individual therapy consists of 45 minute sessions once a week. These times will vary during the late morning or afternoon, 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.

Psychological testing is scheduled outside of group times as necessary during the morning or afternoon depending on the availability of the clinician.

Pastoral counseling is available weekly for those who are interested.