



## Residential Treatment Daily Schedule

Residential treatment plans are individualized and monitored by our medical and clinical directors. We employ standard of care treatment protocols to control symptoms.

<b>6:30 AM</b>	Wake-up, vitals, preparation for the day
<b>7:30 AM</b>	Supported breakfast and post meal processing
<b>9:00 AM</b>	Body movement, trauma sensitive yoga and mindfulness
<b>10:00 AM</b>	Group Session* (improv, social anxiety, nutrition, relapse prevention, art therapy)
<b>11:00 AM</b>	Supported snack
<b>11:30 AM</b>	Internal Family Systems Therapy group (IFS)
<b>12:30 AM</b>	Supported lunch and post-meal processing
<b>1:00 PM</b>	Nutrition group session
<b>2:00 PM</b>	Group Session* (improv, social anxiety, nutrition, relapse prevention, art therapy)
<b>3:15 PM</b>	Snack
<b>3:30 PM</b>	Individual Compassion Focused Therapy, Eye Movement Desensitization Reprocessing (EMDR), Internal Family Systems (IFS) Therapy
<b>5:00 PM</b>	Group Sessions*— Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Poetry
<b>6:30 PM</b>	Supported dinner and post-meal processing
<b>7:30 PM</b>	Free art, game night, goal setting, bibliotherapy, movie night, individual time