



Partial Hospitalization Daily Schedule

Partial Hospitalization Program offers a treatment experience for those who may be transitioning from a more extensive residential program or need more time with the treatment team outside of our Individual or Intensive Outpatient Programs. Partial Hospitalization treatment plans are individualized and monitored by our medical and clinical directors. We employ standard of care treatment protocols to control symptoms.

9:45 AM	Check-in, vitals
10:00 AM	Internal Family Systems Therapy — Group
11:00 AM	Supported snack
11:15 AM	Body Movement, Yoga and Mindfulness
11:45 AM	Group Session* (improv, social anxiety, nutrition, relapse prevention, art therapy)
12:30 PM	Supported lunch and post-meal processing
1:00 PM	Nutrition group session
2:00 PM	Group Session* (improv, social anxiety, nutrition, relapse prevention, art therapy)
3:15 PM	Snack
3:30 PM	Individual Compassion Focused Therapy, Eye Movement Desensitization Reprocessing (EMDR), Internal Family Systems (IFS) Therapy
5:00 PM	Group Sessions*— Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Poetry (Extended PHP option)
6:30 PM	Supported dinner and post-meal processing (Extended PHP option)