

# adult PHP program schedule

coral gables, FL



<i>time</i>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sat</b>	<b>Sun</b>
8:00 AM	Arrival, Weights, & Vitals						
8:30 to 9:00 AM	pre and post meal check-ins, portioning & breakfast						
9:30 to 10:30 AM	Movement Group	Individual Sessions	Life Skills	Movement Group	Individual Session	Therapeutic Worksheets & Care Partner Check-in	
10:30 AM	snack						
11:00 to 12:00 PM	Shame & Resilience	Family & Relationships	DBT	Mindfulness	CBT & Anxiety Management	Narrative Therapy/Auto-biography Series	Self Compassion
12:00 to 1:30 PM	pre and post Meal check-ins, portioning & lunch						
1:30 PM	Body Image (ED) / Self Esteem (MH)	Mindful Eating (ED) or Individual Sessions	Communication Skills (1:30-3:30PM)	ACT	<i>rotating:</i> Dance Yoga Flow/ Yoga/ Community Process/ Multi-Family Group	Skills Review Group	Yoga
2:30 PM		Individual Sessions/ Movement Group		Treatment Team/ Individual Sessions		Community Outing & Snack	snack & affirmations
3:30 PM	snack						
4:00 to 5:00 PM	Process Group	YOGA	Individual Session	Treatment Team/ Movement Group	Individual Sessions	Nature Experiential / Eco Therapy	
5:00 to 6:00 PM	Brain Health	Health & Wellness (MH)/ Art Therapy/ Individual Sessions	TO Sharing/ Levels	Conscious Recovery	Special Topics		
6:00 PM	portioning and pre-meal check-in					Exposure Meal/Pizza Dinner	pre-meal check-in/ Dinner Outing
6:30 to 8:00 PM	dinner						

# adolescent PHP program schedule / *subject to revision*

coral gables, FL



time	M	T	W	Th	F	Sat	Sun
8:00 AM	Arrival, Weights, & Vitals						
8:30 to 9:00 AM	pre and post meal check-ins, portioning & breakfast						
9:30 to 11:00 AM	Study Hall/School & snack	Study Hall/School & snack	Study Hall/School & snack	Study Hall/School & snack	Study Hall/School & snack	Therapeutic Worksheets & Care Partner Check-in	
11:00 to 12:00 PM	Individual Sessions	Treatment Team	DBT	Art Therapy	Individual Sessions	Narrative Therapy/Auto-biography Series	Self Compassion
12:00 to 1:30 PM	pre and post Meal check-ins, portioning & lunch						
1:30 PM	Mindful Eating	Conscious Recovery	TO Sharing/ Levels	Individual Sessions	rotating: Dance Yoga Flow/ Yoga/ Community Process/ Multi-Family Group	Skills Review Group	Yoga
2:30 PM	Individual Sessions/ Movement Group	Body Image (ED)/ Self-Esteem (MH)	Individual Sessions/ snack	ACT		Community Outing & Snack	snack & affirmations
3:30 PM	snack		Mindful Practice (3:30-5pm)	snack		Nature Experiential / Eco Therapy	
4:00 to 5:00 PM	Process Group	Health & Wellness (MH)/Individual Session		Individual Sessions/ Movement Group	CBT		
5:00 to 6:00 PM	Shame & Resilience	YOGA	Resiliency Building	Family & Relationships	Special Topics	Social Skills	
6:00 PM	portioning and pre-meal check-in					Exposure Meal/Pizza Dinner	pre-meal check-in/ Dinner Outing
6:30 to 8:00 PM	dinner						

# adult IOP program schedule / *subject to revision*

coral gables, FL | Mental Health track



<i>time</i>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>
9:00 to 10:00 AM	Process Group	Identity & Self Worth	Conscious Recovery	DBT	Relapse Prevention & Weekend Planning
10:00 AM	snack				
10:15 to 11:00 AM	Galen Hope Core Skills/ Individual Sessions	Galen Hope Core Skills/ Individual Sessions	Galen Hope Core Skills/ Individual Sessions	Galen Hope Core Skills/ Individual Sessions	Galen Hope Core Skills/ Individual Sessions
11:00 to 12:00 PM	Shame & Resilience	Family & Relationships	DBT	Mindful Practice	CBT
12:00 to 1:30 PM	Individual Sessions	Individual Sessions	Group Lunch Outing	Individual Sessions	Individual Sessions

# adolescent IOP program schedule/ *subject to revision*

coral gables, FL | Mental Health track



<i>time</i>	M	T	W	Th	F
3:00 PM	Study Hall/Individual Session	Study Hall/Individual Session	Study Hall/Snack	Study Hall/Individual Session	Study Hall/Individual Session
3:30 PM	snack			snack	
4:00 to 5:00 PM	Shame & Resilience	Self Compassion & Wellness/ Individual Session	Mindful Practice (3:30-5:00PM)	Individual Sessions/ Movement Group	CBT
5:00 to 6:00 PM	Process Group	YOGA	Resiliency Building/ Individual Session	Family & Relationships	Special Topics
6:00 PM	Departure				

# adult IOP program schedule / *subject to revision*

coral gables, FL | Eating Disorder track



<i>time</i>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>
9:00 to 10:00 AM	Process Group	Body Image	Conscious Recovery	DBT	Relapse Prevention & Weekend Planning
10:00 AM	portioning				
10:15 to 11:00 AM	Galen Hope Core Skills/ Individual Sessions	Galen Hope Core Skills/ Individual Sessions	Galen Hope Core Skills/ Individual Sessions	Galen Hope Core Skills/ Individual Sessions	Galen Hope Core Skills/ Individual Sessions
11:00 to 12:00 PM	Shame & Resilience	Family & Relationships	DBT	Mindful Practice	CBT
12:00 to 1:30 PM	Supported Lunch	Supported Lunch	Group Lunch Outing	Supported Lunch	Supported Lunch

# adolescent IOP program schedule / *subject to revision*

coral gables, FL | Eating Disorder track



<i>time</i>	M	T	W	Th	F
3:30 PM	snack			snack	
4:00 PM	Shame & Resilience	Self Compassion & Wellness/Individual Session	Mindful Practice (3:30-5:00PM)	Individual Sessions/ Movement Group	CBT
4:30 PM					
5:00 PM	Process Group	YOGA	Resiliency Building/ Individual Session	Family & Relationships	Special Topics
5:30 PM					
6:00 PM	pre and post meal check-ins				
6:30 to 8:00 PM	dinner				

# adult 12 Hour PHP program schedule / *subject to revision*

delray beach, FL



<i>time</i>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sat</b>	<b>Sun</b>
8:00 to 9:00 AM	breakfast						
9:15 to 9:30 AM	Check in, Weights, & Vitals						
9:30 to 10:30 AM	Light Movement	Directive Art Group	Stress Management	Individual Session	Light Movement	Therapeutic Worksheets & Care Partner Check-in	
10:30 AM	snack						
11:00 to 12:00 PM	Mindfulness	Expressive Movement	Mindful Eating	Expressive Movement	Creative Expression 11-12:30	Galen Hope's Core Skills	Recovery Through Art
12:30 to 1:30 PM	Meal check-ins, portioning & lunch						
1:30 to 2:30 PM	Body Image/Self Esteem	CBT & Anxiety Management	Kitchen/Cooking Skills	Individual Sessions	Self-Compassion/Community/Brain Health/Multifaceted	Recreational Outing	Grocery Outting
2:30 to 3:30 PM	Individual Sessions	Emotional Intelligence	Conscious Recovery	DBT	Individual Sessions		
3:30 PM	snack						The BIG questions: philosophy & recovery
4:00 to 5:00 PM	Process Group	Autobiography	Treatment Teams	TO Sharing	Treatment Roadmap & Level	Ted Talk Group	
5:00 to 6:00 PM	ACT	Individual Sessions	Family & Relationships	Meal Planning	Weekend Planning/Skills Review	weekend portioning & dinner	
6:00 to 7:00 PM	portioning, pre-meal check-in, & dinner					Evening Reflection Circle	

# adult 8 Hour PHP program schedule / *subject to revision*

delray beach, FL



<i>time</i>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>	<b>Sat</b>	<b>Sun</b>
10:30 AM	Arrival, Weights, & Vitals						
11:00 to 12:00 PM	Mindfulness	Expressive Movement	Mindful Eating	Expressive Movement	Creative Expression (11-12:30)	Galen Hope's Core Skills	Recovery through Art
12:30 to 1:30 PM	meal check-ins, portioning & lunch					weekend arrival, portioning, & lunch	
1:30 to 2:30 PM	Self-Esteem/Body Image	CBT & Anxiety Management	Kitchen & cooking skills	Individual Sessions	Self-Compassion/Community/Brain Health/Multifamily	Recreational Outing	Grocery Outing
2:30 to 3:30 PM	Individual Sessions	Emotional intelligence	Conscious Recovery	DBT	Individual Sessions		snack
3:30 PM	snack					Skills Review (3:30-4:15PM)	Galen Hope's Core Skills
4:00 to 5:00 PM	Process Group	Autobiography	Treatment Teams	TO Sharing	Treatment Roadmap & Levels		
5:00 to 6:00 PM	ACT	Individual Sessions	Family & Relationships	Meal Planning	Weekend Planning/Skill Review	weekend portioning & dinner	
6:00 to 7:00 PM	portioning, pre-meal check-in, & dinner					Evening Reflection Circle	



# adolescent PHP program schedule / *subject to revision*

delray beach, FL



<i>time</i>	M	T	W	Th	F	Sat	Sun
10:00 AM	Arrival, Weights, Vitals, & <b>snack</b>						
11:00 to 12:00 PM	Optional Individual	Optional Individual	Optional Individual or Study Hall	Optional Individual	Optional Individual	Galen Hope's Core Skills	Recovery Through Art
12:30 to 1:30:00 PM	<b>meal check-ins, portioning &amp; lunch</b>						
1:30 to 2:30 PM	Mindfulness	ACT for Adolescents	Kitchen/Cooking Skills	Stress Management Skills	DBT for Adolescents	Recreational Outing	Grocery Outing
2:30 to 3:30 PM	Individual Session	Emotional intelligence	???	Individual Sessions	Individual Sessions		<b>snack</b>
3:30 PM	<b>snack</b>						The BIG questions: philosophy & recovery
4:00 to 5:00 PM	YOGA	Family & Relationships	Treatment Teams	Cinematherapy	Treatment Roadmap and Levels	Ted Talk Group	
5:00 to 6:00 PM	Recreational/ Outside Time	CBT for Adolescents	???	Cinematherapy Discussion	Weekend Planning/ Skills Review	<b>weekend portioning &amp; dinner (5:30-6:30pm)</b>	
6:00 to 7:00 PM	<b>portioning, pre-meal check-in, &amp; dinner</b>					Evening Reflection/Closing Circle	

# IOP program schedule / *subject to revision*

delray beach, FL



<i>time</i>	<b>M</b>	<b>T</b>	<b>W</b>	<b>Th</b>	<b>F</b>
3:00 to 4:00 PM	Galen Hope Core Skills	Galen Hope Core Skills	Galen Hope Core Skills	Galen Hope Core Skills	Relapse Prevention & Weekend Planning
4:00 to 5:00 PM	Process Group	Self Compassion	Family & Relationships	DBT	Problem Solving/ Conflict Resolution Skills
5:00 to 6:00 PM	ACT	BCT	Art Therapy or Psychoed Group	Special Topics	Skills Review & Weekend Planning
6:00 to 8:00 PM	portioning, pre group dinner, post group, & closing activity				