



# CBT/DBT STABILIZATION TRACK/CW I VARIANT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST 7:15-7:45</b>	<b>BREAKFAST 7:15-7:45</b>	<b>BREAKFAST 7:15-7:45</b>	<b>BREAKFAST 7:15-7:45</b>	<b>BREAKFAST 7:15-7:45</b>	<b>BREAKFAST 7:15-8:00</b>	<b>BREAKFAST 7:30-8:00</b>
Travel to CW II <b>7:45-8:15</b>	Travel to CW II <b>7:45-8:15</b>	Menu Planning (Sam/Alyssa) <b>8:15-8:30</b>	Process Group (Nancy/Sam) <b>8:15-9:15</b>	Travel to CW II <b>7:45-8:15</b>	Free Time <b>8:30-9:30</b> Exercise with Tammy	Yoga <b>9:00-9:45</b>
Check in (Jada) <b>8:15-9:15</b>	DBT: Ther. Inter. Behavior Group (Jake) <b>8:15-9:15</b>	Travel to CW II <b>8:30-9:00</b>		ED Group (as assigned) <b>8:15-9:15</b>		<b>SNACK 9:30-10:00</b>
ED Group (as assigned) <b>9:30-10:30</b>	DBT Skills (Katie) <b>9:30-10:30</b>	Distress Tolerance Skills (Erin) <b>9:30-10:30</b>	Core Group (Mark/Lori) <b>9:30-10:30</b>	Cognitive Processing Therapy (Marcio) <b>9:30-10:30</b>	Gender, Sexuality, Intimacy & Relationships (Nancy) <b>10:00-11:00</b>	<b>SNACK 10:00-10:30</b>
<b>SNACK 10:30-11:00</b>	<b>SNACK 10:30-11:00</b>	<b>Snack in transit to CW I 10:30-11:00</b>	<b>Snack in transit to CW II 10:30-11:00</b>	<b>Snack in transit to CW I 10:30-11:00</b>		
Self Responsibility and Assertiveness (Mark) <b>11:00-12:00</b>	Work on Relapse Prevention Plan (Jake) <b>11:00-12:00</b>	The Process of Therapy (Kevin/Travis) <b>11:00-12:15</b>	Relapse Prevention (Travis) <b>11:00-12:00</b>	Core group (Jim/Mark) <b>11:00-12:15</b>	Core Group (Nancy) <b>11:15-12:15</b>	Individual sessions assignments
Return to CW I	Return to CW I		Return to CW I			
<b>THERAPEUTIC MEAL/ PROCESSING 12:30-1:30</b>	<b>THERAPEUTIC MEAL/ PROCESSING 12:30-1:30</b>	<b>THERAPEUTIC MEAL/ PROCESSING 12:30-1:30</b>	<b>MEAL CHALLENGE: CHEF'S CHOICE BUFFET 12:30-1:30</b>	<b>THERAPEUTIC MEAL/ PROCESSING 12:30-1:30</b>	<b>THERAPEUTIC MEAL/ PROCESSING 12:30-1:30</b>	<b>THERAPEUTIC MEAL/ PROCESSING 12:30-1:30</b>
Binge Group (Katie) or (Heidi) <b>1:30-3:00</b>	Expressive Group (Lori/Laura W.) <b>1:30-2:30</b>	Sexual Healing (Jim) or DBT Therapy Interferring Behaviors (Rachel) <b>1:30-2:30</b>	Module (Sam) <b>1:30-2:30</b>	Body Image Group (Jenn) <b>1:30-2:30</b>	Biblio Therapy Group or Outing Exposure (Staff) <b>1:30-2:30</b>	Anxiety Management (Krista) <b>1:30-2:30</b>
<b>SNACK 2:30-3:00</b>	<b>SNACK 3:00-3:00</b>	<b>SNACK 3:00-3:30</b>	<b>SNACK 3:00-3:30</b>	<b>SNACK 3:00-3:30</b>	<b>VISITORS/ FREE TIME</b>	<b>SNACK 2:30-3:00</b>
Individual sessions assignments <b>3:00-6:00</b>	Individual sessions assignments <b>3:00-6:00</b>	Individual sessions assignments <b>3:00-6:00</b>	Individual sessions assignments <b>3:00-6:00</b>	Open Art Studio (Staff) <b>3:30-4:30</b>		Relapse Prevention (Krista) <b>3:00-4:00</b>
<b>THERAPEUTIC MEAL &amp; PROCESSING 6:15-7:00</b>	<b>THERAPEUTIC MEAL &amp; PROCESSING 6:15-7:00</b>	<b>THERAPEUTIC MEAL &amp; PROCESSING 6:15-7:00</b>	<b>THERAPEUTIC MEAL &amp; PROCESSING 6:15-7:00</b>	<b>THERAPEUTIC MEAL &amp; PROCESSING 5:30-6:15</b>	<b>THERAPEUTIC MEAL &amp; PROCESSING 6:15-7:00</b>	Dinner or Restaurant Outing and Post Meal processing of challenges (Deborah/Staff) <b>6:00-7:30</b>
Individual sessions assignments	Precontract Group <b>7:30</b>	Individual sessions assignments	Individual sessions assignments	<b>MOVIE OUTING</b>	Individual sessions assignments	
<b>SNACK 9:00-9:30</b>	<b>SNACK 9:00-9:30</b>	<b>SNACK 9:00-9:30</b>	<b>SNACK 9:00-9:30</b>	<b>SNACK 9:00-9:30</b>	<b>SNACK 9:00-9:30</b>	<b>SNACK 9:00-9:30</b>

**AA  
Meetings  
Mon &  
Thur:  
8:00pm-  
9:00pm  
(offsite)**