



CBT/DBT STABILIZATION TRACK/CW II VARIANT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
BREAKFAST 7:15-8:00	BREAKFAST 7:15-8:00	BREAKFAST 7:15-8:00	BREAKFAST 7:15-8:00	BREAKFAST 7:15-8:00	BREAKFAST 7:15-8:00	BREAKFAST 7:30-8:00	
Check in (Jada) 8:15-9:15	Sexual Healing Group (Jim/Laura W.) or DBT: Ther. Interfer. Behavior (Jake) (as assigned) 8:15-9:15	ED Group (as assigned) 8:15-9:15 Menu Planning (Rebecca) 9:15-9:30	ED Group (as assigned) 8:15-9:15	ED Group (as assigned) 8:15-9:15	Gender, Sexuality, Intimacy & Relationships (Nancy) 8:30-9:30	Timeline Group (Krista) 8:30-9:30 SNACK 9:30-10:00	
ED Group (as assigned) 9:30-10:30	DBT Skills (Katie) 9:30-10:30	Distress Tolerance Skills (Erin) 9:30-10:30	Process Group (Nancy/Emily) 9:30-10:30	Mindfulness, Emotional Awareness & Regulation (Marcio) 9:30-10:30	Yoga (Holly) or Art Therapy (Jessica) 10:00-11:00 *	Yoga 10:15-11:00	
SNACK 10:30-11:00	SNACK 10:30-11:00	SNACK 10:30-11:00	SNACK 10:30-11:00	SNACK 10:30-11:00			
Self Responsibility & Assertiveness (Mark) 11:00-12:00	Work on Relapse Prevention Plans (Jake) 11:00-12:00	Core Group (as assigned) 11:00-12:15	Relapse Prevention Skills (Travis) 11:00-12:00	Core group (as assigned) (Nancy/Jake) (Emily/Lori) 11:00-12:15	Art Therapy (Jessica) 11:00-12:15 *	Relapse Prevention (Krista) 11:15-12:30	
THERAPEUTIC MEAL PROCESSING 12:30-1:30	THERAPEUTIC MEAL PROCESSING 12:30-1:30	THERAPEUTIC MEAL PROCESSING 12:30-1:30	THERAPEUTIC MEAL PROCESSING 12:30-1:30	THERAPEUTIC MEAL PROCESSING 12:30-1:30	THERAPEUTIC MEAL PROCESSING 12:30-1:30	THERAPEUTIC MEAL PROCESSING 12:30-1:30	
Expressive Therapy (Laura/Jake) or Body Image (Erin) 1:30-3:00	Module (Staff) * 1:30-2:30	Body Image Group (Erin) or Expressive Therapy (Laura/Jake) 1:30-3:00	Attachment Group (Mike) 1:30-2:30	Emotion Management (Marcio/Jake) 1:30-2:30	Exposures/ Individual sessions	OPEN HOUSE	
Individual Therapy/Anxiety Work/Exposures (Jake)	Individual Therapy/Anxiety Work/Exposures (Jake)	Individual Therapy/Anxiety Work/Exposures (Jake)	Individual Therapy/Anxiety Work/Exposures (Jake)	Individual Therapy/Anxiety Work/Exposures (Jake)	2:30 SNACK		
Social Anxiety Group (Marcio/Jake) 4:30-5:30			Binge Eating Group (Katie) 4:30-5:30		Individual Therapy/Anxiety Work/Exposures		
Awareness Cultivation (Kevin) 5:30-6:00	Awareness Cultivation (Kevin) 5:30-6:00		Awareness Cultivation (Kevin) 5:30-6:00	Awareness Cultivation (?Jake) 4:30-5:30	THERAPEUTIC MEAL & PROCESSING 5:30-6:15		
THERAPEUTIC MEAL & PROCESSING 6:15-7:00	THERAPEUTIC MEAL & PROCESSING 6:15-7:00	THERAPEUTIC MEAL & PROCESSING 6:15-7:00	THERAPEUTIC MEAL & PROCESSING 6:15-7:00	THERAPEUTIC MEAL & PROCESSING 5:30-6:15		THERAPEUTIC MEAL & PROCESSING 5:30-6:15	
SNACK 9:00-9:30	SNACK 9:00-9:30	Precontract Group 7:30 SNACK 9:00-9:30	SNACK 9:00-9:30	SNACK 9:00-9:30	SNACK 9:00-9:30	SNACK 9:00-9:30	

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