



# STEPDOWN CBT/DBT STABILIZATION TRACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
AM Programming at CW II	AM Programming at CW II	AM Programming at CW II	AM Programming at CW II	AM Programming at CW II			
Check in with Jada <b>8:15-9:15</b>	Sexual Healing Group at CW II (Jim/Laura W.) or DBT Therapy Interfering Behavior (Jake) <b>8:15-9:15</b> *	Individual Sessions <b>7:30-9:30</b>	Individual Sessions <b>8:00-11:00</b>	Individual Sessions <b>8:00-9:00</b>	Mindful Walk (Staff) <b>8:30-9:30</b>	AA Meeting <b>10:00am</b>	
Individual Sessions/ Assignments <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>		Mindfulness, Emotional Awareness & Regulation (Marcio) <b>9:30-10:30</b>			
		<b>Drive to SD Office</b>		<b>Drive to SD Office</b>			
Self Responsibility & Assertiveness (Mark) <b>11:00-12:00</b>	Work on Relapse Prevention Plans (Jake) <b>11:00-12:00</b>	Binge Eating Group or Life Skills <b>11:30-12:30</b>	Relapse Prevention Skills (Travis) <b>11:00-12:00</b>	Menu Planning (Staff) <b>11:00-12:00</b>			
<b>Drive to Stepdown Office pick up lunch on the way</b>	<b>Drive to Stepdown Office pick up lunch on the way</b>	<b>QUICK SACK LUNCH 12:30-1:00</b>	<b>Drive to Stepdown Office pick up lunch on the way</b>	<b>Drive to Stepdown Office pick up lunch on the way</b>	Gender Sexuality, Intimacy & Relationships (Nancy) <b>10:00-11:00</b>	<b>LUNCH AND MEAL PROCESSING 12:00-1:00</b>	<b>AA Meetings Mon &amp; Thur 8:00pm-9:00pm (offsite)</b>
ED Group (Theresa) <b>1:00-2:30</b>	Relapse Prevention Group <b>1:00-2:00</b> ( ***)	Sexual Healing Group at CW I (Jim) <b>1:30-2:30</b> ** or Meditation (Kevin) <b>1:30-2:30</b>	Group (Heidi) <b>1:00-2:00</b> ***	Module (Arathi) <b>12:45-1:45</b>	Core Group (Nancy) <b>11:15-12:15</b>	Anxiety Management (Krista) <b>1:30-2:30</b>	
Spirituality Group (Arathi) <b>2:45-3:45</b>	Pre:contracts & Goal Setting (Arathi) <b>2:15-3:15</b>		Process Group (Arathi) <b>2:15-3:15</b>	Therapeutic Grocery Shopping (Staff) <b>1:45-2:45</b>	<b>Lunch with Jessica (Pack &amp; Bring) 12:30-1:30</b>	Relapse Prevention (Krista) CW I <b>3:00-4:00</b>	
Core Group (Mark/Arathi) <b>4:00-5:30</b>	Expressive Group (Laura/Lori) <b>3:30-5:00</b>	Individual Sessions <b>2:30-6:30</b>	ED Group (Theresa/Arathi) <b>3:30-4:30</b>	Individual Therapy Sessions or Exposures with Jake 3:00-5:00	Art Therapy (Jessica) <b>1:30-3:00</b>	12-Step Addiction Group (Deborah) CW I <b>4:00-5:00</b>	
	Yoga (Laura) <b>5:00-6:30</b>						
<b>DINNER AND MEAL PROCESSING 5:45-7:00</b>	<b>DINNER AND MEAL PROCESSING 6:30-7:30</b>	<b>DINNER AND MEAL PROCESSING 6:30-7:30</b>	<b>COOKING: PREP/EDUCATION EATING 5:30-7:30</b>	<b>DINNER AND MEAL PROCESSING 6:30-7:30</b>	<b>DINNER AND MEAL PROCESSING 6:30-7:30</b>	<b>DINNER OUTING AND MEAL PROCESSING 5:30-7:00</b>	

\* For patients previously at CWII in Sexual Healing Group  
 \*\*\* For patients previously at CW I in Sexual Healing Group

For clients in Step Down Stabilization - Session Times may be  
 Monday: 9:30-10:30  
 Wednesday: 8:00-9:00  
 Thursday: 8:00-11:00  
 Friday 8:00-9:00 or after 3:00pm