



CENTER FOR DISCOVERY®

Transforming Lives

Sample Intensive Outpatient and Partial Hospitalization Schedule

PHP meets 12pm–7pm **IOP** meets 4pm–7pm or 12pm–3pm

	Monday	Tuesday	Wednesday	Thursday	Friday
11:00	Sessions	Sessions	Sessions	Sessions	Sessions
12:00	Vitals/Lunch Prep	Arrive/Lunch Prep	Arrive/Lunch Prep	Arrive/Lunch Prep	Vitals/Lunch Prep
12:30	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal
1:15	Intentions and Check In	Food Science	DBT/CBT & Expressive Arts	Process	Body Acceptance & Recovery Protection
2:00	Transforming Trauma	Menu Planning		Menu Planning	
3:00	Snack	EPR Snack	Snack	Snack	Snack
3:30	Mindful Walk	Mindful Walk	Mindful Walk	Mindful Walk	Mindful Walk
4:00	Process & Soul Hunger	Family Program Intensive	Intuitive Eating Principles	Process & Shame Resilience	Process
5:00			Restaurant Experiential Exposure Response Prevention		Weekend Intentions
6:00	Therapeutic Meal	Multifamily Therapeutic Meal		Therapeutic Meal	Therapeutic Meal
6:45	Grounding	Grounding	Grounding	Grounding	Grounding
7:00				Support In Recovery (7pm-8pm)	

	Saturday
9:00	Process
10:00-10:15	Snack
10:30-11:30	Mindful Movement
11:30-12:30	Discharge Planning and Transitions
12:30-1:00	Therapeutic Meal
	Mindful Walk
1:10 - 2:30	Positive Social Media DIR App Group
2:30 -3:00	Snack

Sample – Days of groups schedule to change by location