

Adult Partial Hospital Program (PHP) Group Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00-10:45	TREATMENT GOALS GROUP				
10:45-11:30	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy
11:30-12:00	Lunch	Lunch	Lunch	Lunch	Lunch
12:00-12:45	Conflict Resolution	Managing Anxiety and Stress	Self Esteem	Steps to Maintain Recovery	Mindfulness and Relaxation Skills
1:00-1:45PM	Anger Management	Emotion Regulation	Stinkin' Thinkin' CBT	Interpersonal Effectiveness and Relationships	Expressive Art Therapy
2:00-2:45	Relapse Prevention and Crisis Planning	Health & Wellness	Managing Somatic (Symptom Identification)	Distress Tolerance	Weekend Safety Planning
2:45-3:00	Wrap-Up /Safety Planning	Wrap-Up /Safety Planning	Wrap-Up /Safety Planning	Wrap-Up /Safety Planning	Wrap-Up / Safety Planning

This is a sample of the schedule at PHP. Partial Programming will introduce new groups each week on a 3 week rotation.

Group Talk Therapy: One hour of free flow discussion for the group to discuss current stressors and worries. Or the group can use the discussion as a way to get to know one another through ice breakers and discussion about interests and hobbies.

Conflict Resolution: Structured group on how to define conflict, identify recent conflict that has brought discomfort, and learn new ways to cope with conflict and resolve conflict through productive conversation.

Managing Anxiety and Stress: Usually a DBT or CBT based group in which coping skills are learned to manage anxiety symptoms and identify ways to de-stress.

Self Esteem: A group based on increasing positive sense of self, identifying strengths, and learning about how to use strengths and weaknesses in our everyday life.

Steps to Maintain Recovery: Identifying triggers, toxic relationships, and other areas of life that may negatively or positively impact overall health and well-being.

Mindfulness and Relaxation Skills: Learning how to become mindful of physical, emotional, behavioral, and cognitive symptoms, and using relaxation or self-soothing techniques to cope with symptoms.

Anger Management: Identifying triggers of anger and learning coping skills on how to manage anger in the moment, while also identifying when it is necessary to take a step away from the situation.

Emotion Regulation: Identifying significant emotional responses to events that occur in our lives, and learning how to “regulate” or control or maintain our emotions and mood.

Stinkin’ Thinkin’ CBT: Learning how to not get stuck in negative thought patterns including “all or nothing” thinking, “black and white” thinking, and catastrophizing.

Interpersonal Effectiveness and Relationships: Learning how to communicate effectively with others.

Expressive Art Therapy: Using art to express thoughts, feelings, and desires.

Relapse Prevention and Crisis Planning: Identifying triggers, avoiding people, places, or things that might bring us closer to relapse, and developing a plan for when we are unable to avoid triggering or toxic people, places, or things.

Health & Wellness: Topics can vary and include sleep hygiene, increasing healthy habits, exercise, and sharing favorite recipes.

Managing Somatic (Symptom Identification): “Somatic” means relating to the body, distinct from the mind. In this group, individuals identify their physical symptoms of anxiety, depression, and anger, and then develop ways to cope with these physical symptoms.

Distress Tolerance: Learning how to tolerate stressful life events or negative/intrusive thoughts.

Weekend Safety Planning: Preparing for the weekend to avoid self-sabotage.

Wrap Up/Safety Planning: Evening group to ensure that everyone requesting check ins has the ability to check in with their case manager, assess for risk, and plan for the evening.