

# Adolescent Intensive Outpatient Program Schedule

Time	Monday	Tuesday	Thursday
4-4:30 pm	Group Check In	Group Check In	Group Check In
4:30-5 pm		Virtual Parent Support Group (4:30-6 pm)	
5-5:30 pm	Group Psychoeducation	Group Psychoeducation OR Weekly programming with visiting clinician for experiential therapy (i.e., DBT skills-building, relapse prevention, drama therapy)	Group Psychoeducation
5:30-6 pm			
6-6:30 pm	Group Processing	Group Processing	Group Processing to prepare for the weekend's challenges

## Weekly Programming

1. Introductions, mindfulness and positive psychology
2. Cognitive Behavioral Therapy: introduction of ideas and cognitive distortions
3. Dialectical Behavioral Therapy: introduction of theory, over- vs. under-controlled, skills building and practice
4. Addictions
5. Gender and sexual orientation
6. Vocational rehabilitation specialization: long-term goals, career, personality testing
7. Sleep importance and sleep hygiene; eating and nutrition
8. Art and movement therapy

## Parent Support Group Programming

1. Co-dependency
2. Things all kids need
3. Review 4 types of parenting
4. Attachment styles, communication with their children; what works & what doesn't work with their child?
5. How to support a child in treatment



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