

Recovery Intensive Outpatient Program Schedule

Time	Monday	Tuesday	Thursday
5:30-7 pm	Group Psychotherapy	Multifamily Group	Group Psychotherapy
7-8:30 pm	Psychoeducational Skills Group		Psychoeducational Skills Group

Weekly Programming

1. Individual therapy scheduled weekly with a concentration on specific treatment plan goals identified by the client including: co-occurring disorders, mood and anxiety, grief and trauma, substance use, nicotine support, career development, sexual health and process addictions.
2. Group Psychotherapy offered twice a week.
This group is a process group format where clients can discuss anything that they are currently struggling with or identify what is working well.
3. Psychoeducational skills groups are offered twice a week and rotate on such as self-compassion and shame resilience, Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) and Acceptance and Commitment Therapy (ACT).
4. Family therapy facilitated by a clinician is offered once a week, guided by client's treatment plan.
5. Weekly, a Multifamily Group for clients and their primary support to collectively engage in psychoeducation and relationship processing. Topics will include codependency, boundary setting, substance use and addiction education, motivational enhancement and behavior change, self-care, effective communication, a monthly medical lecture by addiction psychiatrists, and addiction's impacts on the family.
6. Medication management provided by Addiction Psychiatry.



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