

# MINDFULNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:30	Weights	Weights	Weights	Weights	Weights	Weights	Weights
8:00 - 8:30	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)
8:30 - 9:15	Community Meeting	Community Meeting	Community Meeting	9:00 Journey Dance/Yoga	Community Meeting & Homework Review	Community Meeting & Homework Review	Community Meeting
9:15 - 10:00	homework, journaling reading, free time	homework, journaling reading, free time	homework, journaling reading, free time		homework, journaling reading, free time	9:30 - 12:00 Patient Workshop	9:00 Yoga
10:00 - 10:15	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK		SUPERVISED SNACK
10:15 - 11:00	homework, journaling reading, free time	<b>ART THERAPY</b>	9:45 - 10:30 <b>CREATIVE SPIRITUALITY</b>	homework, journaling reading, free time	<b>RECREATIONAL THERAPY</b>		10:30 Pet Therapy
11:00 - 11:30	<b>HORTICULTURE THERAPY</b>	11:00 - 11:45 LGBTQ @ JB (optional)	10:30 Pet Therapy (Martin Cetner)	Community Meeting	<b>NUTRITION EDUCATION (RD)</b>		11:45 - 12:15 BRUNCH @ Main House
11:30 - 12:00		Meal Prep	11:15 - 12:45 RESTURANT OUTING or LUNCH SELECTION CHALLENGE (In House)	Meal Prep	Cope Ahead		
12:00 - 12:30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH (Main House Café)	
12:30 - 12:45	Post Meal Distress Tolerance	Post Meal Distress Tolerance		Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance
1:00 - 1:45	<b>HOMEWORK REVIEW</b>	<b>HOMEWORK REVIEW</b>	<b>HOMEWORK REVIEW</b>	<b>HOMEWORK REVIEW</b>	<b>THERAPEUTIC RYTHM &amp; MINDFULNESS</b>	1:00 - 2:30 Visiting	1:00 - 2:30 Visiting OR Zentangle
2:00 - 2:45	<b>SKILLS TRAINING OVERVIEW</b>	<b>ORIENTATION TO MINDFULNESS</b>	<b>MINDFULNESS WHAT &amp; HOW SKILLS</b>	<b>DIALECTICS &amp; MIDDLE PATH</b>	<b>MOTIVATION &amp; GOALS</b>		
2:45	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK
3:00 - 3:45	<b>SCHEMAS &amp; CORE BELIEFS</b>	<b>MINDFULNESS STATES OF MIND</b>	<b>MINDFULNESS OF SCHEMAS</b>	<b>PERFECTIONISM &amp; CONTROL</b>	<b>BEHAVIOR CHAIN ANALYSIS</b>	3:00 - 3:45 Art Therapy	3:30 - 4:30 Tai Chi
4:15 - 5:30	Visiting	Visiting	4:30 Open Chapel	Visiting	Visiting	4:15 - 5:00 Baking	4:45 Eating Disorder Anonymous
			4:15 - 5:30 Visiting				
5:30 - 6:00	Meal Prep	Order In	Meal Prep	Meal Prep	Order In	Meal Prep	Meal Prep
6:00 - 6:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6:30 - 6:45	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance
7:00 - 8:00	6:45 Meditation (VOL)	Refuge Recovery	Diary Card Review	ALUMNI NIGHT	6:45 Knitting (VOL)	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting
8:45 - 9:00	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK
8:30 - 9:30	NA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting	Diary Card Review	Diary Card Review
9:45	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up/Cope Ahead	Wrap Up	Wrap Up
11:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room
11:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

# INTERPERSONAL EFFECTIVENESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:30	Weights	Weights	Weights	Weights	Weights	Weights	Weights
8:00 - 8:30	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)
8:30 - 9:15	Community Meeting	Community Meeting	Community Meeting	9:00 Journey Dance/Yoga	Community Meeting	Community Meeting & Homework Review	Community Meeting
9:15 - 10:00	homework, journaling reading, free time	homework, journaling reading, free time	homework, journaling reading, free time		homework, journaling reading, free time	homework, journaling reading, free time	9:00 Yoga
10:00 - 10:15	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	9:30 - 12:00 Patient Workshop	SUPERVISED SNACK
10:15 - 11:00	homework, journaling reading, free time	<b>ART THERAPY</b>	9:45 - 10:30 <b>CREATIVE SPIRITUALITY</b>	homework, journaling reading, free time	<b>RECREATIONAL THERAPY</b>		10:30 Pet Therapy
11:00 - 11:30	<b>HORTICULTURE THERAPY</b>	11:00 - 11:45 LGBTQ @ JB (optional)	10:30 Pet Therapy (Martin Cetner)	Community Meeting	<b>NUTRITION EDUCATION (RD)</b>		11:45 - 12:15 BRUNCH @ Main House
11:30 - 12:00		Meal Prep	11:15 - 12:45	Meal Prep	Cope Ahead		
12:00 - 12:30	LUNCH	LUNCH	RESTURANT OUTING or LUNCH SELECTION CHALLENGE (In House)	LUNCH	LUNCH	LUNCH (Main House Café)	
12:30 - 12:45	Post Meal Distress Tolerance	Post Meal Distress Tolerance		Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance
1:00 - 1:45	<b>HOMEWORK REVIEW</b>	<b>HOMEWORK REVIEW</b>	<b>HOMEWORK REVIEW</b>	<b>HOMEWORK REVIEW</b>	<b>HEALTH &amp; MEDICATION EDUCATION</b>	1:00 - 2:30 Visiting	1:00 - 2:30 Visiting OR Zentangle
2:00 - 2:45	<b>OVERVIEW, GOALS &amp; INTERFERING FACTORS</b>	<b>RELATIONSHIP SKILL: DEAR MAN</b>	<b>RELATIONSHIP SKILL: GIVE</b>	<b>RELATIONSHIP SKILL: FAST</b>	<b>SETTING BOUNDARIES</b>		
2:45	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK
3:00 - 3:45	<b>BODY IMAGE BELIEFS &amp; GOALS</b>	<b>EXPORING ANGER</b>	<b>SELF-ESTEEM</b>	<b>INTRO TO SELF- COMPASSION</b>	<b>REACHING OUT</b>	3:00 - 3:45 Art Therapy	3:30 - 4:30 Tai Chi
4:15 - 5:30	Visiting	Visiting	4:30 Open Chapel	Visiting	Visiting	4:15 - 5:00 Baking	4:45 Eating Disorder Anonymous
			4:15 - 5:30 Visiting				
5:30 - 6:00	Meal Prep	Order In	Meal Prep	Meal Prep	Order In	Meal Prep	Meal Prep
6:00 - 6:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6:30 - 6:45	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance
7:00 - 8:00	6:45 Meditation (VOL)	Refuge Recovery	Diary Card Review	ALUMNI NIGHT	6:45 Knitting (VOL)	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting
8:45 - 9:00	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK
8:30 - 9:30	NA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting	Diary Card Review	Diary Card Review
9:45	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up/Cope Ahead	Wrap Up	Wrap Up
11:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room
11:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

# EMOTIONAL REGULATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:30	Weights	Weights	Weights	Weights	Weights	Weights	Weights
8:00 - 8:30	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)
8:30 - 9:15	Community Meeting	Community Meeting	Community Meeting	9:00 Journey Dance/Yoga	Community Meeting & Homework Review	Community Meeting & Homework Review	Community Meeting
9:15 - 10:00	homework, journaling reading, free time	homework, journaling reading, free time	homework, journaling reading, free time		homework, journaling reading, free time	homework, journaling reading, free time	9:00 Yoga
10:00 - 10:15	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	9:30 - 12:00 Patient Workshop	SUPERVISED SNACK
10:15 - 11:00	homework, journaling reading, free time	<b>ART THERAPY</b>	9:45 - 10:30 <b>CREATIVE SPIRITUALITY</b>	homework, journaling reading, free time	<b>RECREATIONAL THERAPY</b>		10:30 Pet Therapy
11:00 - 11:30	<b>HORTICULTURE THERAPY</b>	11:00 - 11:45 LGBTQ @ JB (optional)	10:30 Pet Therapy (Martin Cetner)	Community Meeting	<b>NUTRITION EDUCATION (RD)</b>		11:45 - 12:15 BRUNCH @ Main House
11:30 - 12:00		Meal Prep	11:15 - 12:45	Meal Prep	Cope Ahead		
12:00 - 12:30	LUNCH	LUNCH	RESTURANT OUTING or LUNCH SELECTION CHALLENGE (In House)	LUNCH	LUNCH	LUNCH (Main House Café)	
12:30 - 12:45	Post Meal Distress Tolerance	Post Meal Distress Tolerance		Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	
1:00 - 1:45	<b>HOMEWORK REVIEW</b>	<b>HOMEWORK REVIEW</b>	<b>HOMEWORK REVIEW</b>	<b>HOMEWORK REVIEW</b>	<b>THERAPEUTIC RYTHYM &amp; MINDFULNESS</b>	1:00 - 2:30 Visiting	1:00 - 2:30 Visiting OR Zentangle
2:00 - 2:45	<b>OVERVIEW UNDERSTANDING EMOTIONS</b>	<b>CHECK THE FACTS</b>	<b>OPPOSITE ACTION</b>	<b>PROBLEM SOLVING</b>	<b>ABC PLEASE</b>		
2:45	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK
3:00 - 3:45	<b>TRIGGERS</b>	<b>FOOD RULES</b>	<b>WORKING WITH GUILT &amp; SHAME</b>	<b>BODY IMAGE DISTORTIONS &amp; ASSUMPTIONS</b>	<b>VALUES &amp; GOALS</b>	3:00 - 3:45 Art Therapy	3:30 - 4:30 Tai Chi
4:15 - 5:30	Visiting	Visiting	4:30 Open Chapel	Visiting	Visiting	4:15 - 5:00 Baking	4:45 Eating Disorder Anonymous
			4:15 - 5:30 Visiting				
5:30 - 6:00	Meal Prep	Order In	Meal Prep	Meal Prep	Order In	Meal Prep	Meal Prep
6:00 - 6:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6:30 - 6:45	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance
7:00 - 8:00	6:45 Meditation (VOL)	Refuge Recovery	Diary Card Review	ALUMNI NIGHT	6:45 Knitting (VOL)	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting
8:45 - 9:00	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK
8:30 - 9:30	NA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting	Diary Card Review	Diary Card Review
9:45	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up/Cope Ahead	Wrap Up	Wrap Up
11:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room
11:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

## DISTRESS TOLERANCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:30	Weights	Weights	Weights	Weights	Weights	Weights	Weights
8:00 - 8:30	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)	BREAKFAST (In House)
8:30 - 9:15	Community Meeting	Community Meeting	Community Meeting	9:00 Journey Dance/Yoga	Community Meeting	Community Meeting & Homework Review	Community Meeting
9:15 - 10:00	homework, journaling reading, free time	homework, journaling reading, free time	homework, journaling reading, free time		homework, journaling reading, free time	homework, journaling reading, free time	9:00 Yoga
10:00 - 10:15	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	9:30 - 12:00 Patient Workshop	SUPERVISED SNACK
10:15 - 11:00	homework, journaling reading, free time	<b>ART THERAPY</b>	9:45 - 10:30 <b>CREATIVE SPIRITUALITY</b>	homework, journaling reading, free time	<b>RECREATIONAL THERAPY</b>		10:30 Pet Therapy
11:00 - 11:30	<b>HORTICULTURE THERAPY</b>	11:00 - 11:45 LGBTQ @ JB (optional)	10:30 Pet Therapy (Martin Cetner)	Community Meeting	<b>NUTRITION EDUCATION (RD)</b>		11:45 - 12:15 BRUNCH @ Main House
11:30 - 12:00		Meal Prep	11:15 - 12:45	Meal Prep	Cope Ahead		
12:00 - 12:30	LUNCH	LUNCH	RESTURANT OUTING or LUNCH SELECTION CHALLENGE (In House)	LUNCH	LUNCH	LUNCH (Main House Café)	
12:30 - 12:45	Post Meal Distress Tolerance	Post Meal Distress Tolerance		Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	
1:00 - 1:45	<b>HOMEWORK REVIEW</b>	<b>HOMEWORK REVIEW</b>	<b>HOMEWORK REVIEW</b>	<b>HOMEWORK REVIEW</b>	<b>HEALTH &amp; MEDICATION EDUCATION</b>	1:00 - 2:30 Visiting	1:00 - 2:30 Visiting OR Zentangle
2:00 - 2:45	<b>OVERVIEW CRISIS SURVIVAL SKILLS &amp; STOP</b>	<b>BODY KEEPS THE SCORE</b>	<b>DISTRACT, SELF- SOOTHE, IMPROVE THE MOMENT</b>	<b>RADICAL ACCEPTANCE &amp; TURNING THE MIND</b>	<b>RED &amp; GREEN FLAGS</b>		
2:45	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK
3:00 - 3:45	<b>INNER CRITICS</b>	<b>BODY IMAGE MYTHS</b>	<b>UNDERSTANDING TRAUMA</b>	<b>SELF-COMPASSION</b>	<b>DIALECTICAL ABSTINENCE AND ADDICTIONS</b>	3:00 - 3:45 Art Therapy	3:30 - 4:30 Tai Chi
4:15 - 5:30	Visiting	Visiting	4:30 Open Chapel	Visiting	Visiting	4:15 - 5:00 Baking	4:45 Eating Disorder Anonymous
			4:15 - 5:30 Visiting				
5:30 - 6:00	Meal Prep	Order In	Meal Prep	Meal Prep	Order In	Meal Prep	Meal Prep
6:00 - 6:30	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
6:30 - 6:45	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance	Post Meal Distress Tolerance
7:00 - 8:00	6:45 Meditation (VOL)	Refuge Recovery	Diary Card Review	ALUMNI NIGHT	6:45 Knitting (VOL)	7:30 - 8:30 AA Meeting	7:30 - 8:30 AA Meeting
8:45 - 9:00	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK	SUPERVISED SNACK
8:30 - 9:30	NA Meeting	AA Meeting	AA Meeting	AA Meeting	AA Meeting	Diary Card Review	Diary Card Review
9:45	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up/Cope Ahead	Wrap Up	Wrap Up
11:00	In Room	In Room	In Room	In Room	In Room	In Room	In Room
11:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out