



Behavioral Health Partial Hospital Program Sample Group Schedule

***Patients attend one group per time slot**

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30	Progress Monitoring	Progress Monitoring	Progress Monitoring	Progress Monitoring	Progress Monitoring
9:00	Behavioral Activation: Weekend Review	Emotion Regulation II	Maximizing Treatment	Communication Skills Practice	Self Compassion Practice
	CBT Skills: General Topics	Self Assessment: CBT Diary Cards	Self Assessment: What is it?	Using Treatment and Tracking Progress	Challenging Negative Automatic Thoughts
	Using Treatment & Tracking Progress	Learning Skills for Addictive Behaviors	Life Management & Support	Sleep Hygiene	Mindfulness
	Weekend Check-In	Freedom Through Structure		Mind and Body Connection	
10:00	Identifying Negative Automatic Thoughts	Learning about Anxiety	ACT for Anxiety Disorders	Distress Tolerance	CBT Skills - General Topics
	Values and Commitments in Recovery	Living with Bipolar Disorder	Identifying Negative Automatic Thoughts	Behavioral Activation: What is it?	Self Group
	Maximizing Treatment	Self-Assessment: Chain Analysis	Family Issues	Anxiety & Substance Abuse	Relapse Management
		Coping with Worry Thoughts		Medication Education	Managing Symptoms
11:00	Self Compassion	Vocational Issues	Living with Mood & Anxiety Disorders	Impulse Control	Exposure Therapy: What is it?
	Addressing Procrastination	Sleep Hygiene	Aftercare Planning	Interpersonal Effectiveness I	Understanding the Brain & Treatment
	Learning about Psychosis	Psychoeducation for Personality Disorder	Spirituality and CBT	CBT for Psychosis	Coping with Loss
		Creative Self-Expression	Lifestyle Choices		Creative Self-Expression
12:00					
1:00	Self-Assessment: What is it?	Behavioral Activation: What is it?	Interpersonal Effectiveness II	Challenging Negative Automatic Thoughts	Worry Group
	Communication Skills	Life Style and CBT Skills	Mindfulness	Family Issues	Learning about Depression
	Wellness	Distress Tolerance	Self-Care and Assessment	Life Style and CBT Skills	Aftercare Planning
		Relapse Prevention		Communication Skills	
2:00	Introduction to Mindfulness	Life Transitions	Behavioral Activation: Practice	Wellness	Behavioral Activation: Weekend Prep
	Maximizing Treatment	Self Group	Bipolar Wellness & Relapse Prevention	Bipolar CBT	Emotion Regulation I
	Community Connections	Medication Education	Work Skills Practice: WGBH (2-4pm)	Stress Management	Weekend Planning
			Creative Self-Expression	Art and Transitions	
2:50	New Patient Wrap-up Group	New Patient Wrap-up Group	New Patient Wrap-up Group	New Patient Wrap-up Group	New Patient Wrap-up Group