

Sample IOP Group Schedule

Session 1: 9:00 am – 12:00 pm			
Time	Monday	Wednesday	Friday
9:00 am	Process & Goals Group	Process & Goals Group	Process & Goals Group
10:00 am	Cognitive Behavioral Therapy (CBT) Group	Mindfulness-Based Cognitive Therapy (MBCT) Group	Wellness Recovery Action Plan (WRAP) Group
11:00 am	Balanced Living Skills Group	Health Wellness & Sleep Hygiene Group	Empowered Communication Group

Session 2: 1:00 pm – 4:00 pm			
Time	Monday	Tuesday	Thursday
1:00 pm	Process & Goals Group	Process & Goals Group	Process & Goals Group
2:00 pm	Cognitive Behavioral Therapy (CBT) Group	Mindfulness-Based Cognitive Therapy (MBCT) Group	Wellness Recovery Action Plan (WRAP) Group
3:00 pm	Balanced Living Skills Group	Health Wellness & Sleep Hygiene Group	Empowered Communication Group

Please be advised:

- Group order, start and end time may vary slightly as determined by group needs.
- There will be a 10-minute break between each session.
- Individual therapy appointments will occur weekly between 8 am – 12 pm for Session 1 and 1 – 4 pm for Session 2.
- Observed Holidays include New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day. Weeks that a holiday falls on may result in changes to the schedule. Please contact your IOP Clinician for details on any changes.

Description of Groups

Process and Goals Group

Occurs daily. Each group begins with a thought of the day or reflection and allows each participant to identify their personal goals. Beginning the day with a positive attitude and intention can be encouraging and uplifting.

Cognitive Behavioral Therapy (CBT)

Supports identifying and modifying unhelpful thoughts and behaviors that underlie symptoms caused by psychological distress. Cognitive Behavioral Therapy (CBT) inspired concepts focus on learning how to change thoughts from negative and self-defeating to positive and self-affirming.

Balanced Living Skills Group

Using a number of different Dialectical Behavior Therapy (DBT) inspired resources, this group aims to teach four different sets of skills: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. These skills are aimed at developing awareness of emotional responses and developing or enhancing effective coping skills that help to reduce distress, regulate intense emotions, and improve relationships.

Mindfulness-Based Cognitive Therapy (MBCT)

Combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. The heart of this work lies in becoming acquainted with the modes of mind that often characterize mood disorders while simultaneously learning to develop a new relationship to them.

Health Wellness & Sleep Hygiene

This group provides an opportunity for participants to learn new skills, concepts and ideas as well as identify healthy behaviors in the areas of physical health, exercise, nutrition, smoking cessation, and sleep hygiene. Opportunities for practical activities may be available.

Empowered Communication Group

Relationships are the source of both positive and negative stress in individuals' lives. This group works to support individuals develop effective communication strategies, ask for what they need, set appropriate boundaries and remove themselves from unhealthy relationships.

Wellness Recovery Action Plan (WRAP) Group

WRAP, developed by Mary Ellen Copeland, PhD, is a structured system for monitoring, reducing and eliminating uncomfortable or dangerous behaviors and feelings, including addictions. In this group participants develop their individual WRAP to enhance awareness and understanding. This plan is based on empowerment and personal responsibility. It encourages participants to focus on their personal resources, strengths and wellness.