

Sample IOP Schedule & Programming

IOP Schedule		
Program Session	Morning Session	Afternoon Session
Days	1 Monday 2 Wednesday 3 Friday	Monday Tuesday Thursday
Time	9:00 am – 12:00 pm	1:00 pm – 4:00 pm

IOP Group Program		
Day 1	Day 2	Day 3
Goals Group	Seeking Healthy Supports Group	Skills in Practice Group
Cognitive Behavioral Therapy (CBT) Group	Dialectical Behavior Therapy (DBT) Skills Group	Wellness Recovery Action Plan (WRAP) Group
Health & Wellness Group	In The Moment Group	Progress 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 during designated program session times
- Observed Holidays include: New Year’s Day, Martin Luther King Jr. Day, Washington’s Birthday, Memorial Day, Juneteenth, Independence Day, Labor Day, Indigenous People’s Day/Columbus Day, Veterans Day, Thanksgiving Day and Christmas. Weeks that a holiday falls on will cause changes to the schedule. Please contact your Clinician for details.

Intensive Outpatient Program (IOP) Groups & Programming

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.

Dialectical Behavior Therapy (DBT) 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.

Goals Group

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. Learning objectives related to the content of other groups that day are also reviewed, providing a framework that enhances skill growth.

Health & Wellness Group

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.

In The Moment

This group is designed to support participants in increasing present-moment awareness and reducing automatic, reactive patterns that contribute to emotional distress and maladaptive coping. Through guided practices and reflective discussion, members build skills in observing thoughts, emotions, and bodily sensations with greater curiosity and nonjudgment. Strengthening these capacities can improve emotional regulation, distress tolerance, and overall psychological flexibility.

Progress Group

At the end of each day, participants reflect on what they've learned, share key takeaways, and set personal goals to support continued growth. This group helps reinforce progress, build motivation, and encourage mindful, intentional living beyond the program.

Seeking Healthy Supports 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.

Skills in Practice

Designed to bridge the gap between learning and doing, this group focuses on practicing strategies that promote emotional regulation, healthy communication, problem-solving, and resilience. Participants will build confidence through role-play, feedback and reflection, practice coping techniques and reinforce skills learned in individual and group therapy.

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.