

Sample PHP Group Schedule and Programming

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	Goals Group	Goals Group	Goals Group	Goals Group	Goals Group
9:30 AM	Cognitive Behavioral Therapy	DBT Skills	Cognitive Behavioral Therapy	Acceptance & Commitment Therapy	DBT Skills
10:00 AM					
10:30 AM	Social Dynamics	Life Skills	Health & Wellness (Medical)	Seeking Safety	Life Skills
11:00 AM					
11:30 AM	Enhanced-Illness Management & Recovery	Seeking Safety	Wellness Recovery Action Plan	In the Moment	Safety Planning
12:00 PM					
12:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 PM	Recurrence	Conflict Management	Enhanced-Illness Management & Recovery	Skills in Practice	Expressive Arts
1:30 PM					
2:00 – 2:30 PM	Progress Group	Progress Group	Progress Group	Progress Group	Progress Group
Please be advised: <ul style="list-style-type: none"> ▪ Individual therapy and provider appointments will occur weekly, which may impact group attendance. ▪ 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. 					

Description of Groups

Acceptance and Commitment Therapy (ACT) Group

ACT helps people live more meaningful lives by teaching them to accept difficult thoughts and feelings while committing to actions that reflect their values. Using mindfulness and practical strategies, ACT builds psychological flexibility –empowering individuals to stay present, adapt, and move forward.

Cognitive Behavioral Therapy (CBT) Group

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

Conflict Management Group

Designed to help individuals understand and navigate conflict in healthy, constructive ways. This group aims to explore the roots of conflict and build effective strategies for communication, setting boundaries, problem-solving, and emotional regulation.

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.

Enhanced Illness Management and Recovery (E-IMR) Group

Helps participants acquire information and skills to develop more mastery over their mental illness and make progress towards their own personal recovery. The goals of E-IMR are to instill hope that change is possible, help participants establish personally meaningful goals, teach information about mental illness and co-occurring disorders, and develop skills for reducing relapses, dealing with stress and coping with symptoms.

Expressive Arts Group

Uses creative activities like drawing, painting, music, and writing to support emotional healing and self-discovery. No artistic experience is needed—just a willingness to explore. This group encourages self-expression, reduces stress, and helps process thoughts and feelings in a new, meaningful way.

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

Facilitated by members of the Medical Team, this group provides an opportunity for participants to learn new skills, concepts and ideas as well as practice healthy behaviors in the arenas of physical health, exercise, nutrition, smoking cessation, sleep hygiene, and other common chronic health conditions. Sessions are facilitated through education, discussion and implementing self-management strategies that encourage participants to put more emphasis on their health and wellbeing.

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.

Life Skills Group

The Life Skills Group is a goal-oriented and empowering format designed to help individuals explore their hopes, values, and long-term aspirations. This group supports participants in identifying personal goals, developing realistic action plans, and building the confidence and skills needed to move forward in life. Whether planning for employment, education, independent living, recovery, or personal growth, this group helps participants take meaningful steps toward their future.

Progress Group

At the end of each day, clients 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.

Recurrence Group

Focuses on providing participants with the skills, strategies, and emotional support needed to maintain their recovery and reduce the likelihood of returning to harmful behaviors, such as substance use or unhealthy habits. By addressing underlying issues, building resilience, and developing coping skills, participants are able to work towards sustained healing and personal growth.

Safety Planning Group

The Safety Planning Group is a supportive space designed to help individuals develop personalized strategies for staying physically and emotionally safe as they head into the weekend. This group focuses on identifying potential risks, building protective factors, and creating concrete, actionable safety plans tailored to each participant's unique needs and circumstances.

Seeking Safety Group

The Seeking Safety curriculum is built on trauma-informed principles, working toward having group members feel safe, respected, and empowered while exploring the interplay between trauma and substance use. Trauma often plays a significant role in the development and perpetuation of addictive behaviors. By simultaneously addressing trauma and substance use, this group helps individuals break the cycle of using substances as a coping mechanism for unresolved trauma.

Skills in Practice Group

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.

Social Dynamics 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.