

ADULT PARTIAL HOSPITALIZATION PROGRAM (PHP) PROGRAM SCHEDULE

	Mon	Tue	Wed	Thu	Fri
1:00-1:45 pm	Mindful Lunch	Mindful Lunch	Mindful Lunch	Mindful Lunch	9:00-9:45 am Mindful Breakfast
1:45-2:45 pm	Weekend Reflection/ Areas of Alignment	Understanding Anger	Relational Realignment	Managing Anxiety	9:45-10:45 am Experiential Group
2:45-3:00 pm	Break	Break	Break	Break	10:45-11:00 am Break
3:00-3:20 pm	Mindful Snack	Mindful Snack	Mindful Snack	Mindful Snack	11:00-11:20 am Mindful Snack
3:20-4:15 pm	Shame & Self- Compassion	Internal Family Systems (IFS)	AlignED Routines	Who am I Without This?	11:20-12:15 pm Body Image
4:15-4:30 pm	Break	Break	Break	Break	12:15-12:30 pm Break



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	Mon	Tue	Wed	Thu	Fri
4:30-5:30 pm	Sensory Integration and Exploration	DBT Skills	Diet Culture, Social Media & Body Image	Family Impact or Multi-Family Group	12:30-1:15 Mindful Lunch
5:30-5:45 pm	Break	Break	Break	Break	1:15-1:30 pm Break
5:45-6:25 pm	Mindful Dinner	Mindful Dinner	Nutrition Education	Mindful Dinner	1:30-2:30 pm Weekend Planning Areas of Alignment
6:25-7:25	Grief and Loss	Emotional Literacy	Meal Experiential Food & Feelings Mindful Snack	Acceptance and Commitment Therapy (ACT)	2:30-2:45 pm Break
7:25-7:40 pm	Break	Break		Break	2:45-3:00 pm Mindful Snack
7:40-8:00 pm	Mindful Snack	Mindful Snack		Mindful Snack	3:00-4:00 pm Mindfulness

