

INTENSIVE FAMILY THERAPY TREATMENT SCHEDULE

*Psychological evaluations conducted prior to arrival
**Unique Schedule designed for each family (example only)

TIME	M		T		W		T		F			
	Adol	Parent	Adol	Parent	Adol	Parent	Adol	Parent	Adol	Parent		
9:00 - 10:00	Peds appt off site		Treatment Planning: Clinical Team Meeting				Family Therapy: Psychoeducation		Family Therapy: CBT III			
10:00- 11:00	Family Therapy: Behavioral		Family Therapy: Psychoeducation:		Family Therapy: CBT II		Family Therapy: Behavioral		Family Therapy: Systemic			
11:00- 12:00			Art	Parents off campus getting lunch	Family Therapy: Cognitive Behavioral Therapy I		Family Therapy: Meal				Family Therapy: Psychoeducation	
12:00- 1:00	Family Therapy: Meal		Lunch on Own		Individual: Meditation/Relaxation	Couples Therapy: Parent Coaching	Lunch on Own		Art	Parents off campus getting lunch		
1:00 - 2:00			Family Therapy: Communication Skills		Break		Family Psychotherapy: Contracting		Family Therapy Family Meal			
2:00 - 3:00	Individual Therapy: patient	Couples Therapy: Parent Coaching	Individual Therapy: patient DBT	Couples Therapy: Carers	Family Therapy: Contracting		Family Therapy Systemic		Siblings Session	Couples Therapy: Parent Coaching		
3:00 - 4:00	Psychiatric Evaluation		Siblings Session	Parent Individual therapy	Family Therapy: Systemic		Individual Therapy		Couples Therapy Carers		Family Psychotherapy Final Contracting	
4:00 - 5:00			Family Psychotherapy: Contracting						Family Psychotherapy: Discharge Planning			

For more information please contact the Program Director,
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