

## Sample Weekly Schedule

Group meeting times are set. Individual therapy and skills coaching are to be determined.

### Monday

Time and Day TBD  
Individual Therapy  
50 mins.

### Tuesday

5:00-5:45  
Gratitude

6:15-7:30  
Standard  
DBT

7:30-8:15  
Yoga

### Wednesday

6:00-7:00  
Support Person  
Group Both Teams

### Thursday

Time and Day TBD  
Individual  
Skills Coaching  
45 mins.

5:00-5:45  
Cope Ahead for  
the Weekend

6:15-7:30  
RO DBT

### Friday

#### Skills Coaching Session - One 45 Minute Session

Clients work on homework completion and using skills in their daily life. Obstacles to skill use are addressed.

#### Standard DBT Session - 75 Minute Group Session

Facilitators teach standard DBT skills. Homework is assigned each week.

#### Individual Therapy - 50 Minute Session

Clients review their diary card and complete behavioral chain analysis as related to their target goals. Skills learned in group are reinforced. Dialectical thinking is taught and reinforced.

#### Group Meeting - 30-60 Minute Group Session

Practice meeting which focuses on different topics. Clients submit their diary card to the treatment team, and clients participate in mindfulness, learn new skills, and work on skill application.

#### RO DBT Skills Class - 75 Minute Group Session

Facilitators teach RO DBT skills. Homework is assigned each week.

#### Support Person Group - 60 Minute Group Session

Optional group for parents, partners, or other adult who wants to learn more about how to use DBT skills to support their loved one who is currently enrolled in DBTventies.