

## Sample Weekly Schedule

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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Day/Time To Be Determined — Individual Therapy Session — One 50-minute session

Day/Time To Be Determined — Individual Coaching Session — One 45-minute session

Monday, Tuesday, or Thursday, 9am or 2pm — Skill Development — One 60-minute session

Group Room  
Opens - 4:50

Programming  
Begins - 5:00 pm

Emotion  
Exploration

Music/Art for  
Coping

PLEASE  
Skills

Programming  
Ends - 8:00 pm

Group Room  
Opens - 4:50

Programming  
Begins - 5:00 pm

Gratitude

Standard  
DBT Skills

Mindful  
Movement

Programming  
Ends - 8:00 pm

6:00-7:00  
Support Person  
Group

Group Room  
Opens - 4:50

Programming  
Begins - 5:00 pm

Building a  
Life Worth Living

Radically Open  
DBT Skills

Coping Ahead  
for the Weekend

Programming  
Ends - 8:00 pm

Our DBT program includes a core set of weekly appointments that are required. These include:

### 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.

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

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

### Skill Development - One 60-Minute Group Class

A therapeutic session for support with homework reviews, distress tolerance kit and ring of skills building, cope aheads, diary card completion, treatment planning, and skills reinforcement.

### Standard DBT Skills - One 75-Minute Group Class

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

### Support Person Group - One 60-Minute Group Class

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.

### Radically Open DBT Skills - One 75-Minute Group Class

Facilitators teach Radically Open DBT skills. Homework is assigned each week.