



FIRST RESPONDERS/VETERANS SUD TRACK DAILY PHP TREATMENT SAMPLE SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1000 - 1050	Individual/Couples Family Therapy Sessions	Individual/Couples Family Therapy Sessions	Individual/Couples Family Therapy Sessions	Individual/Couples Family Therapy Sessions	Individual/Couples Family Therapy Sessions
1100 - 1150	Group Therapy	Alternatives in Spiritual Wellness	Group Therapy	Music Therapy	Clinically Based Recovery Oriented
	Taking Back Control of Anxiety	Understanding & Generating Spiritual Growth in Recovery	Seeking Safety	Rock to Recovery	<u>5 Ways To Deal When You're Burnt Out On Recovery</u>
1200 - 1250	Lunch & Learn About...	Lunch & Learn About...	Lunch & Learn About...	Lunch & Learn About...	Lunch & Learn About...
	10 Things Sobriety is NOT	4 Paradoxes in Addiction Recovery	Five Pitfalls to Avoid in Early Recovery	12 Things to Think About Responsibility and Accountability	10 Common Myths About Drugs, Addiction and Recovery
1300 - 1450	Clinically Based, Recovery Oriented	Relapse Prevention	Self Expression Through...	Group Therapy	Life is in Session:
	Pillars of Mental Health and Wellness	Recognizing the Yellow Flags of Relapse	Movement as a Means of Self-Expression	CBT Group Therapy	Gender Specific Group: Living in Your Old Life Sober
1500 - 1550	Recovery Education	Group Therapy	Addiction Education	Managing Mental Health Challenges	Recovery Tools:
	Self-Care and the Power of Journaling	Emotional Intelligence	Internal Vs External Relapse Triggers	Recognizing When My Trauma is Controlling Me	The Practice of HemiSync Meditation
1600 - 1650	Group Therapy	Managing Mental Health Challenges	Group Therapy	Motivational Interviewing	Cinema Recovery
	Process Group	Depression in Sobriety	Process Group	Recognizing Your Emotional Strengths	"Smashed" Couples in Addiction
1700 - 1750	Clinical Based, Recovery Oriented	Clinical Based, Recovery Oriented	Clinical Based, Recovery Oriented	Group Therapy	Cinema Recovery
	<u>What Is Counterdependency? 10 Signs You Might Be Counterdependent</u>	<u>Emotional Intelligence: Improving Authentic Communication Skills</u>	Cues, Patterns, and Alternatives	Trauma Focused CBT	Process/Breakdown of "Smashed"
1800 - 1850	Clinically Based Solutions	Recovery Oriented Solutions	Clinically Based Solutions	12-Step Recovery	Success Planning
	8 Destructive Thinking Patterns & How to Change Them	13 Personal Goals & Aspirations for an Authentic Life	Perspectives on Building Trust in Recovery	H & I Panel Guest Speaker	Weekend Challenges, Weekend Solutions
		1830 - 1930 Online Only Multi Family Group Annee D	1830 - 2030 Live Multi-Family Group Annee D Annee D aware		