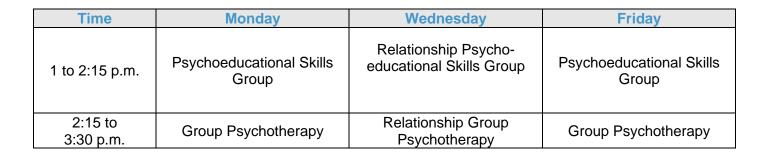
## Recovery Intensive Outpatient Program Schedule



## **Weekly Programming**

- Individual therapy is scheduled weekly with a concentration on specific treatment plan goals identified by the client including co-occurring disorders, mood and anxiety, grief and trauma, substance use, nicotine support, career development, sexual health, and process addictions.
- 2. Group Psychotherapy is offered three times a week. This group is a process group format where clients can discuss anything that they are currently struggling with as well as to identify what is working well.
- Psychoeducational skills groups are offered three times a week and rotate across topics such as self-compassion and shame resilience, along with evidence-based therapies, Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Acceptance and Commitment Therapy (ACT).
- 4. Weekly family therapy is facilitated by a clinician based on the client's treatment plan.
- 5. The weekly Relationship-focused Groups provide opportunities for clients' psychoeducation and relationship processing. Topics will include codependency, boundary setting, substance use, and addiction education, motivational enhancement and behavior change, self-care, effective communication, a monthly medical lecture by addiction psychiatrists, and addiction's impacts on the family.
- Medication management provided by the Center for Addiction Medicine.

