

OCDI TX PHP AND RESIDENTIAL PROGRAMMING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am	*Breakfast	*Breakfast	*Breakfast	*Breakfast	*Breakfast	*Breakfast	*Breakfast
8:45am	Goal Setting	Goals Group	Goals Group	Goals Group	Goals Group		
9:00am	<i>Fundamentals</i>	<i>ACT</i>	<i>Interpersonal Behavioral Therapy</i>	<i>Emotion Regulation</i>	<i>CBT</i>	<i>Life in Recovery/ Intimacy</i>	<i>Values Based Living</i>
BT Staff Rm							
9:45am	ERP Check-in	ERP Check-in	ERP Check-in	ERP Check-in	ERP Check-in	ERP Check-in	ERP Check-in
10:00am	ERP	ERP	ERP	ERP	ERP	ERP	ERP
11:00am							
12:00 noon	*Lunch	*Lunch	*Lunch	*Lunch	*Lunch	*Lunch	*Lunch
1:00pm	Treatment for You	Values in Action	Interpersonal Skills in Action	Skills for Life	CBT Skills	ERP	ERP
2:00pm	ERP	ERP	ERP	ERP	ERP	ERP (Until 3pm) Art Therapy (Every other week) Progress Monitoring	ERP (Until 3pm) *Room Cleaning
3:00pm							
4:00pm	Free Time	Free Time	Free Time	*Community Meeting	Free Time	Free Time	Free Time
6:00pm	*Dinner Self-Directed ERP	*Dinner Mentor Support Group (As feasible)	Group Outing Self-Directed ERP	*Dinner Self-Directed ERP	*Dinner Necessities Shopping Self-Directed ERP	Group Outing Self-Directed ERP	*Dinner Self-Directed ERP

*PHP patients arrive for 8:45am group and depart at 4pm daily