

Intensive Outpatient Program- Adult Mental Health Schedule

LGTC Adult IOP Program					
	Monday	Tuesday	Wednesday	Thursday	Friday
12:00- 1:00pm	Process Group + Wellness Recovery Action Plan (WRAP)	Yoga	Process Group + Wellness Recovery Action Plan (WRAP)	Yoga	
1:00- 2:00pm	CBT	Communication Skills	DBT	CBT	
2:00- 3:00pm	Mindfulness	DBT	Mindfulness		

Intensive Outpatient Program- Adult Mental Health Group Descriptions

Check-in/out: Adults will check-in and out for the day using the Brief Mood Survey created by Dr. David Burns. The Brief Mood Survey is a set of scales that indicate the severity of symptoms such as depression, anxiety, anger, suicidal urges, positive feelings, and relationship satisfaction or conflict.

Yoga: Yoga refers to the spiritual discipline that includes meditation, exercises, physical postures, breathing techniques. It is done to improve physical health, mental health, relaxation, and overall well-being of the individual. Yoga is a Sanskrit word, which means 'connection' or 'union'; yoga focuses on the mind-body connection and building self-awareness.

Process Group + Wellness Recovery Action Plan (WRAP):

Process Group: Process groups are a form of group therapy. The power of process groups lies in the unique opportunity to receive multiple perspectives, support, encouragement and feedback from other individuals in safe and confidential environment.

WRAP: The Wellness Recovery Action Plan, developed by Mary Ellen Copeland, PhD, is a self-designed prevention and wellness tool that you can use to get well, and stay well. WRAP is for anyone, any time, and for any of life's challenges.

Communication Skills: Communication skills are essential in order to deliver and understand information quickly and accurately. They are essential in any environment and important in building and maintaining supports and relationships.

Cognitive Behavioral Therapy (CBT): CBT focuses on challenging and changing unhelpful cognitive distortions and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems

Dialectical Behavioral Therapy Skills Group (DBT): DBT is a skills-based approach and includes four sets of skills including Distress Tolerance, Emotion Regulation, Interpersonal Effectiveness. The fourth skill is mindfulness and will be taught in a separate group during the IOP program.

Mindfulness: Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.