

PHP Schedule

Colorado Springs

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00	Mindfulness Meditation 12:00 - 12:30				
01:00	Check in + DBT Diary Card	Check in + Processing 12:30 - 02:00	Check in + DBT Diary Card	Check in + Processing 12:30 - 02:00	Check in + Processing 12:30 - 02:00
02:00	Academic & Vocational Services (UA Completion) 01:00 - 03:00		Academic & Vocational Services 01:00 - 02:00		
03:00		Break 02:00 - 02:30	Finish Check in + Experiential Activity + Process 02:00 - 04:00	Break 02:00 - 02:30	Break 02:00 - 02:30
04:00	Finish Check in + Experiential Activity + Process 03:00 - 04:00	DBT 02:30 - 03:30		DBT 02:30 - 03:30	DBT 02:30 - 03:30
05:00	Safety Planning + Relapse Prevention (DBT Skills) 04:00 - 05:00	Experiential Activity + Planning 03:30 - 05:00	Safety Planning + Relapse Prevention (DBT Skills) 04:00 - 05:00	Experiential Activity + Planning 03:30 - 05:00	Experiential Activity + Planning 03:30 - 05:00