

WEEKLY THERAPY PROGRAMME

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
Module 1 Main Hospital	Module 2 Lodge	Module 1 Main Hospital	Module 2 Lodge	Module 1 Main Hospital	Module 2 Lodge	Module 1 Main Hospital	Module 2 Lodge	Module 1 Main Hospital	Module 2 Lodge	Module 1 Main Hospital	Module 1 Main Hospital
9:30-10:30		9:30-10:30		9:30-10:30		9:30-10:30		9:30-10:30		10:30-11:00	10:30-11:00
Module 1 & Module 2 Stress Management		Module 1 & Module 2 Main Hosp- Male Group Lodge - Female Group Male/Female Group Psychology		Understanding Therapy	Mindfulness	Assertiveness	Assertiveness in practice	Learning about Self Awareness	Relapse Prevention Return to work	Relaxation & Video/DVD Planning	Relaxation & Video/DVD Planning
11:00-12:30		11:00-12:30		11:00-12:30		11:00-12:30		11:00-12:30		11:15-12:15	11:15-12:15
CBT for Depression	Self Awareness	CBT	Drama Therapy	CBT for Mixed Diagnosis	Self Awareness	CBT for Mixed Diagnosis	Self Awareness	Group Psychology	CBT Behaviour Change	Mindfulness/ Yoga	Walk
	11:00-12:30		11:00-12:30		11:00-12:30		11:00-12:30		11:00-12:30		
	CBT Behaviour Change		CBT for Anxiety		CBT for Mixed Diagnosis		Group Psychology		Art Therapy		
LUNCH											
1:45-3:15		1:45-3:15		1:45-3:15		2:10-3:40		1:45-3:15		4:00-5:00	4:00-5:00
CBT	Self Awareness	Self Esteem through Emotions	Building Self Esteem	CBT for Anxiety	Self Awareness	CBT for Anxiety	Self Awareness	Intro to CBT Behaviour Change	Assertiveness	Games	Games
	1:45-3:15				1:45-3:15		2:10-3:40				
	CBT for Depression				Understanding Anger		CBT				
3:30-4:30		3:30-4:30		3:30-4:30		4:15-5:15		3:30-4:30		7:00	7:00
Main Hospital Stretch & Tone Main Lounge		Main Hospital Relaxation Main Lounge		Main Hospital Yoga Main Lounge		Main Hospital Yoga Main Lounge		Main Hospital Stretch & Tone Main Lounge		Video / DVD	Video / DVD