Clearview Dual Diagnosis
Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast	Wake Up/Breakfast
8:30-9:00	Morning Mindfulness/ Chore List Review	Morning Mindfulness	Morning Mindfulness	Morning Mindfulness	Morning Mindfulness	Morning Mindfulness	Morning Mindfulness
9:30-10:30	**Building A Life Worth Living**	**ACT**	**Life Skills**	**Positive Psychology**	**Relapse Prevention**	**Changing Destructive Behavior Patterns**	Outing (pending clinical approval)
10:45-12:15	**Mindfulness Process**	**Skills Generalization**	**Movement Mindfulness**	**Relationship Skills**	**Discharge Planning**	**Emotional Intelligence**	
12:30-1:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30-2:30	**Understanding Anger**	**Health and Wellness**	**DBT Orientation**	**Seeking Safety**	**CBT**	**Implementation**	Family Visits (1-5pm)
2:45-4:15	**DBT DT/ER**	**DBT Mindfulness**	**Chain Analysis**	**Art Therapy**	**DBT DT/ER**	**Family Systems**	
4:30-5:30	**CBT**	**Self-Compassion**	**DBT IE**	**Implementation**	**Skills Application**	**Movement Mindfulness**	
5:30-6:45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30-8:00	Recovery Meeting	Recovery Meeting	Recovery Meeting	Recovery Meeting	Recovery Meeting	Recovery Meeting	Recovery Meeting
8:30	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up	Wrap Up
11:00	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime