## 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
10:45- 12:15	Mindfulness Process	Skills Generalization	Movement Mindfulness	Relationship Skills	Discharge Planning	Emotional Intelligence	(pending clinical approval)
12:30- 1:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30- 2:30	Understanding Anger	Health and Wellness	DBT Orientation	Seeking Safety	СВТ	Implementation	
2:45- 4:15	DBT DT/ER	DBT Mindfulness	Chain Analysis	Art Therapy	DBT DT/ER	Family Systems	Family Visits (1-5pm)
4:30- 5:30	СВТ	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