

GENERAL PSYCHIATRY

Mainstream therapy programme

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------|--------------------------------|----------------------------|------------------|-----------------|------------------|--------------------------------|-----------------|
| 08:00-09:00 | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| MORNING SESSIONS | Setting goals in recovery | Developing compassion | Mindfulness | Dramatherapy | Mindfulness | Creative arts psychotherapy | Individual time |
| | Movement therapy | Music therapy | Movement therapy | OT: Open art | Reflective space | Individual time | Mindfulness |
| 12:30-14:00 | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| AFTERNOON SESSIONS | Wellbeing strategy workshop | Creative writing | DBT | СВТ | OT skills | Mindfulness | Creative space |
| | DBT | Individual time | Individual time | Individual time | Individual time | Individual time | Individual time |
| | Yoga | Open level Vinyasa yoga | Yoga | Tai Chi | Yin yoga | | |
| 17:30-19:00 | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |



GENERAL PSYCHIATRY

Low intensity therapy programme

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------|--------------------------------|-----------------|----------------------|--------------------------------|-------------------------|-----------------|-----------------|
| 08:00-09:00 | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| MORNING SESSIONS | Goal setting and review | OT skills | Interpersonal skills | Understanding your experiences | Mindfulness | Individual time | Individual time |
| 12:30-14:00 | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| | Wellbeing strategy workshop | Skills building | Creative journaling | Creative exploration | Goal setting and review | Mindfulness | Individual time |
| AFTERNOON SESSIONS | Creative exploration | Individual time | Individual time | Individual time | Individual time | Individual time | Creative space |
| | Yoga | | Yoga | | | | Individual time |
| 17:30-19:00 | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER | DINNER |