

Adult Intense PHP		Adolescent Intense PHP	
Average Day Programming		Average Day Programming	
9-9:45	Arrival/Breakfast/Process Vitals	9-9:45	Arrival/Breakfast/Process Vitals
9:45-10:30	Art Therapy	9:45-10:30	Movement Therapy
10:30-12	Group	10-30-12	Group
11-11:30	Monitored Snack & Break	11-11:30	Monitored Snack & Break
12-1	Internal Family Systems	12-1	Cognitive Distortions
1-1:30	Monitored Lunch	1-1:30	Monitored Lunch
1:30-2	Goal Setting/Powerlessness	1:30-2	Goal Setting/Powerlessness
2-3	Quiet Time/Worksheets	2-3	Tutor
3-4	Yoga	3-4	Monitored Walk with RD
4	Monitored Snack	4	Monitored Snack
4-6	Group	4-6	Group with 1 break
6-6:30	Monitored Dinner	6-6:30	Monitored Dinner
6:30-7	Process & Goal Setting	6:30-7	Process and Goal Setting