

## Intensive Outpatient Program Weekly Schedule

The Intensive Outpatient Program at Beautiful Minds Medical, Inc. has been carefully designed to serve the patient's needs considering all dimensions of health: physical, mental, social and spiritual.

Each assigned hour is color coded to represent a particular area of emphasis that is whole-person specific and integral for your treatment plan so we ask you to take some time to review before you begin the program.

TIME	MON	TUE	WED	THU	FRI
8:45	Sign in / (Yellow Sheet)	Sign in / (Blue Sheet)	Sign in / (Yellow Sheet)	Sign in / (Yellow Sheet)	Sign in / (Yellow Sheet)
9:00	<b>Check-In</b>				
9:50	Break				
10:00	<b>Group Therapy Education</b>				
10:50	Break				
11:00	<b>Lifestyle Education</b>				
11:50	Break				
12:00 - 13:00	Private Session per Appointment	Private Session per Appointment	Private Session per Appointment	Private Session per Appointment	Private Session per Appointment

NOTE: Sessions schedules may vary per group.

- Group Check-In:** This part of the program is designed to integrate participants under a group setting that allows them to share and gain insight, as well as offer support to others.
- Cognitive Behavioral Therapy:** This type of therapy seeks to identify and help change unhealthy behaviors through increased thought control and awareness.
- Lifestyle Education:** Health talks and practical tools are provided by different professionals in topics such as: nutrition, exercise, stress management, self-control and resilience.
- Individual Sessions:** You are offered an initial session with a counselor and a weekly appointment with a Psychiatric Provider and Health Coach. We also provide an option for individual and family therapy upon request and based on availability. (See the Front Desk for more information).
- Breaks:** These may or may not happen right at the designated time. You are welcome to step out for drink or restroom breaks, as needed. Please use this time to check your phone and take calls / texts.

**Remember:**

- Every session has a specific purpose, so try as much as possible to attend.
- If you cannot make it to group, please call us at (530) 889 – 8780.
- All information shared during the program is confidential.

**Your mind is beautiful. We can help take care of it.**