

## Sample Weekly Schedule

**Sunday**

**Monday**

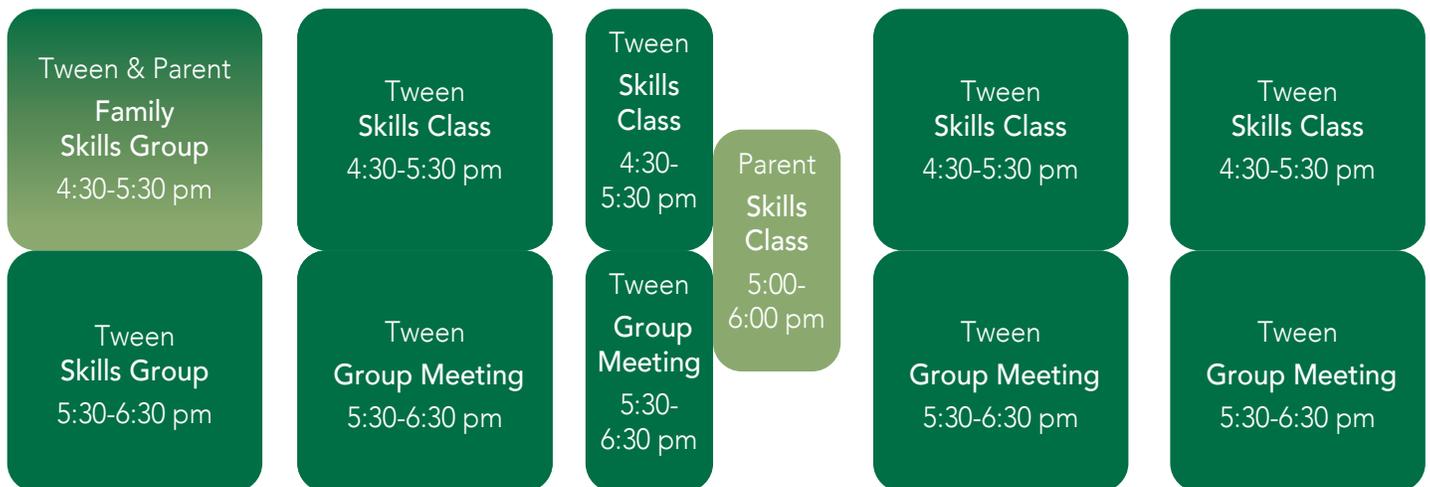
**Tuesday**

**Wednesday**

**Thursday**

TBD - Sunday through Thursday After School — Tween Individual Therapy Session — 45 mins

TBD - Sunday through Thursday After School — Caregiver Individual Coaching Session — 45 mins



Our DBT program includes a core set of weekly appointments that are required. These include:

**Tween Individual Therapy** - One 45-Minute session  
Addressing goals and target behaviors using a diary card and behavioral chain analysis.

**Parent/Caregiver Individual Skills Coaching** -  
One 45-Minute Session  
Individual support to help support and respond to their tweens within the DBT framework.

**Family Skills Group** - One 60-Minute Session  
Adults and Tweens join the meeting together to practice the skill(s) learned during the week. Families also participate in a co-regulating and soothing activity while the tween listens to the Safe and Sound Protocol listening app. This is a family session and parents/caregivers and tweens join together.

**Parent/Caregiver Skills Class** - One 60-Minute session  
Participants will learn the same skills as their tweens in the areas of mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.

**Weekly Group Meetings** - On programming days Tweens log on and stay on Zoom from 4:30-6:30. This time is divided up into two groups with a built-in group activity break at the midway point.

**Tween Skills Classes** - Four 60-Minute Sessions  
Tweens participate in a mindfulness activity and learn skills in the areas of mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.

**Tween Group Meetings** - Four 60-Minute Sessions  
Four 60-Minute Sessions Tweens reflect on their day using a behavioral tracking tool (diary card), participate in a cope ahead exercise to identify any skills that will be helpful to use the following day and doing a soothing activity before bed.