

# ALS Boynton Beach Weekly Schedule

*Partial Hospitalization Program (PHP)*



ALL IN  
SOLUTIONS

Monday	Tuesday	Wednesday
<div>9:00 - 10:30AM</div> <div>Caseload w/ Dr. Nicole, PsyD</div>	<div>9:00 - 10:30AM</div> <div>Spiritual Principles of Recovery</div>	<div>9:00 - 10:30AM</div> <div>SAMHSA Anger Management w/ Stacey, LMHC</div>
<div>10:45AM - 12:15PM</div> <div>Seeking Safety (M/F)</div>	<div>10:45AM - 12:15PM</div> <div>Relapse Prevention</div>	<div>10:45AM - 12:15PM</div> <div>Processing Grief/Loss</div>
<div>12:45 - 2:15PM</div> <div>Family Dynamics w/ Dr. Alex, DMFT</div>	<div>12:45 - 2:15PM</div> <div>Trauma-Informed Group Therapy</div>	<div>12:45 - 2:15PM</div> <div>Conflict Resolution/Straight Talk w/ Dr. Nicole, PsyD</div>
<div>2:30 - 4:00PM</div> <div>Fundamentals of Recovery</div>	<div>2:30 - 4:00PM</div> <div>Recovery Principles*</div>	<div>2:30 - 4:00PM</div> <div>Fundamentals of Recovery</div>
Thursday	Friday	Saturday
<div>9:00 - 10:30AM</div> <div>12 Steps Principles &amp; Traditions</div>	<div>9:00 - 10:30AM</div> <div>Improving Self Esteem</div>	<div>9:00 - 10:30AM</div> <div>Nutrition/Yoga**</div>
<div>10:45AM - 12:15PM</div> <div>CBT w/ Dr. Nicole, PsyD</div>	<div>10:45AM - 12:15PM</div> <div>Alumni Speak Meeting</div>	<div>10:45AM - 12:15PM</div> <div>Straight Talk</div>
<div>12:45 - 2:15PM</div> <div>Trauma-Informed Group Therapy</div>	<div>12:45 - 2:15PM</div> <div>Trauma-Informed Group Therapy</div>	<div>12:45 - 2:15PM</div> <div>Relapse Prevention w/ Breanna, LMHC</div>
<div>2:30 - 4:00PM</div> <div>Recovery Principles*</div>	<div>2:30 - 4:00PM</div> <div>Fundamentals of Recovery</div>	<div>2:30 - 4:00PM</div> <div>Fundamentals of Recovery</div>

## Additional Notes

- Clients meet with their primary therapist weekly for individual sessions.
  - Every therapist has an open-door policy for all clients.
- \*Chiropractic services, massage therapy, acupuncture: 15 min sessions running concurrently with the group
- \*\*Nutritionist rotates on a bi-weekly Saturday schedule; on the alternate weeks, FTX provides a yoga class

## Ancillary Services

- Staff transports clients to optional outside recovery meetings daily, and to the grocery store weekly
- Nail technicians provide manicures weekly & barber visits bi-weekly
- Case management for FMLA, short-term disability, legal coordination, etc.

# ALS Boynton Beach Weekly Schedule

*Intensive Outpatient Program (IOP)*



ALL IN  
SOLUTIONS

## Monday

9:00 - 10:30AM

Caseload w/ Kristina, LMHC

10:45AM - 12:15PM

Seeking Safety (M/F)

## Tuesday

9:00 - 10:30AM

Spiritual Principles of Recovery

10:45AM - 12:15PM

Self Talk w/ James, MCAP

## Wednesday

9:00 - 10:30AM

Caseload w/ Kasey,  
Recovery Mentor

10:45AM - 12:15PM

12 Steps & Principles w/  
Garret, CRSS

## Thursday

9:00 - 10:30AM

12 Step Principles & Traditions

10:45AM - 12:15PM

Family Dynamics w/ Dr.  
Alex, DMFT

## Friday

9:00 - 10:30AM

Improving Self-Esteem

10:45AM - 12:15PM

Alumni Speaker Meeting

## Saturday

9:00 - 10:30AM

Nutrition/Yoga\*

10:45AM - 12:15PM

Straight Talk

## Additional Notes

- Clients meet with their primary therapist weekly for individual sessions.
  - Every therapist has an open-door policy for all clients.
- \*Nutritionist rotates on a bi-weekly Saturday schedule; on the alternate weeks, FTX provides a yoga class

## Ancillary Services

- Staff transports clients to optional outside recovery meetings daily, and to the grocery store weekly
- Nail technicians provide manicures weekly & barber visits bi-weekly
- Case management for FMLA, short-term disability, legal coordination, etc.

# ALS Boynton Beach Weekly Schedule

*Faith-Based Intensive Outpatient Program (IOP)*



ALL IN  
SOLUTIONS

## Monday

9:00 - 10:30AM

Caseload w/ Dr. Nicole, PsyD

10:45AM - 12:15PM

Seeking Safety (M/F)

## Tuesday

9:00 - 10:30AM

Alpha Series w/ Pastor Dan, RMHC

10:45AM - 12:15PM

Self Talk w/ James, MCAP

## Wednesday

9:00 - 10:30AM

Caseload w/ Kasey, Recovery Mentor OR Devotional

10:45AM - 12:15PM

12 Steps & Principles w/ Garret, CRSS

## Thursday

9:00 - 10:30AM

Alpha Series w/ Pastor Dan, RMHC

10:45AM - 12:15PM

Family Dynamics w/ Dr. Alex, DMFT

## Friday

9:00 - 10:30AM

Big Book Bible Study w/ Pastor Dan, RMHC

10:45AM - 12:15PM

Alumni Speaker Meeting

## Saturday

9:00 - 10:30AM

Nutrition/Yoga\*

10:45AM - 12:15PM

Straight Talk

## Additional Notes

- Clients meet with their primary therapist weekly for individual sessions.
  - Every therapist has an open-door policy for all clients.
- Chiropractic services, massage therapy, acupuncture: 15 min sessions running concurrently with the group
- \*Nutritionist rotates on a bi-weekly Saturday schedule; on the alternate weeks, FTX provides a yoga class

## Ancillary Services

- Staff transports clients to optional outside recovery meetings daily, and to the grocery store weekly
- Nail technicians provide manicures weekly & barber visits bi-weekly
- Case management for FMLA, short-term disability, legal coordination, etc.