

## BWFH Partial Hospital Program Schedule

Last updated 5/9/23

*\*Please note group topics may change depending on the needs of the group.*

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15-10:00	Opening Group	Opening Group	Opening Group	Opening Group	Opening Group
15 min break/Individual Session					
10:15-11:00	Short Term Objectives/ Goal Setting	DBT I	After- Care Options & Peer Support	Seeking Safety or Anger Management	Communication or Relationship Skills
30 min break/Individual Session					
11:30-12:15	Pharmacology Or TBD	Identity and Self-Esteem	Diagnosis and Health Education	TBD	Weekend Planning
1 Hr break/Individual Session					
1:15-2:00	CBT	Core Values & Behavior and Visualization	Mindful Stress Management	Narrative Therapy	DBT II

### **BWFH Partial Hospital Staff**

Benjamin Yudkoff, MD	617-983-7230
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