NIGHTINGALE HOSPITAL
LONDON

ADDICTIONS UNIT

Example group therapy programme

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:00-09:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
09:00-09:15	Daily reflection	Daily reflection	Daily reflection	Daily reflection	Daily reflection	Electronics time	Family day
09:15-09:45	Walk	Walk	Walk	Walk	Walk		
10:00-11:00	Relapse prevention	Assignment time	Psychoeducation	Relapse prevention	Relapse prevention	Community meeting	
11.15-12.30	Anger management 11:15-12:15 Introduction to gym	Relationships group	Assignment group	Group therapy	Group therapy		NA Speaker
12.30-14:00	Lunch	Lunch	Lunch | Individual therapy	Lunch	Lunch | Individual therapy	Lunch	Lunch
14:00-15:00	Group therapy	Creative therapy	Group therapy	DBT skills	Psychoeducation	Equine therapy 13:00-17:00	Family visits 13:00-17:00
15:15-16:15	Individual therapy	Individual therapy	Graduation group	Psychoeducation assignment work	Weekly planning group		
16:30-17:30				Tai- Chi	Yoga		
17:30-19:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
19:00-20:00	CA Speaker		AA Speaker	External meeting	External meeting		
21:15-21:30	Mini group Check-out	Mini group Check-out	Mini group Check-out	Mini group Check-out	Mini group Check-out	Mini group Check-out	Mini group Check-out