

## BWFH Partial Hospital Program Schedule

Last updated 3/28/22

*\*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/<br>Goal Setting | DBT I                                       | After- Care Options &<br>Peer Support | Seeking Safety or<br>Anger Management | Communication or<br>Relationship Skills |
| 30 min break/Individual Session |  |   |                                       |                                       |   |
| 11:30-12:15                     | Pharmacology<br>Or TBD                 | Identity and<br>Self-Esteem                 | Diagnosis and Health<br>Education     | TBD                                   | Weekend Planning                        |
| 1 Hr break/Individual Session   |  |   |                                       |                                       |   |
| 1:15-2:00                       | CBT                                    | Core Values & Behavior<br>and Visualization | Mindful Stress<br>Management          | Narrative Therapy                     | DBT II                                  |

### **BWFH Partial Hospital Staff**

|                        |              |
|------------------------|--------------|
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| Leyla Derbali, LICSW   | 617-983-7346 |
| Rebecca Wefald, LCSW   | 617-983-4523 |