

# BANYAN

## THERAPY GROUP

REFUGE - RECOVERY - RESTORATION

### 4-Day Men's Foundations Intensive Sample Schedule

(30 Therapy Hours)

	Monday (7.5 hours)	Tuesday (7.5 HRS)	Wednesday (7.5 HRS)	Thursday (7.5 HRS)	Friday	Saturday	Sunday
7:00AM							
8:00AM							
9:00AM	Orientation	Check-in	Check-in	Check-in			
	Introductions	Cognitive Distortions / Consequences	Core Beliefs / Timeline	Healthy Communication			
10:00AM							
	SAC Foundations	Cycle of Acting Out / Recovery and Restoration Cycle	Coping Strategies / Power & Control Dynamics	Relapse Prevention Strategies			
11:00AM							
12:00PM		Pain / Peace Cycle					
1:00PM	lunch / break	lunch / break	lunch / break	lunch / break			
2:00PM	Shoring up the Circles / Relational Circles	Genogram / Core Wounding	Rel. & Family Impact / Relational Trauma	Aftercare Planning - Application			
3:00PM							
4:00PM			Affect Regulation		Visioning		
5:00PM			Shame / Guilt	Closing			
6:00PM							
	HOMEWORK: <i>Complete Circles</i>	HOMEWORK: <i>Helping Her Heal</i>	HOMEWORK: <i>Visioning Exercise</i>	HOMEWORK: <i>Relational Healing</i>			
7:00PM							
8:00PM							