

BANYAN

THERAPY GROUP

REFUGE - RECOVERY - RESTORATION

4-DAY PARTNER INTENSIVE (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	Introduction / Orientation	Building Resources	Identifying and Exploring Patterns of Emotional Abuse	Solidifying Values			
10:00AM	Dealing with Emotional Aftershock	Navigating Trauma Triggers		Boundary Setting			
11:00AM	Drawing the Impact	Understanding Sex Addiction					
12:00PM							
1:00PM	Lunch / Break	Lunch / Break	Lunch / Break	Lunch / Break			
2:00PM							
3:00PM	Understanding Relational Trauma	Exploring the Impact on Body	Group Process	Creating a Vision (Future Self)			
4:00PM		Exploring the Impact on Sexuality	Somatic Resourcing				
5:00PM					Closing		
6:00PM							
	HOMEWORK:	HOMEWORK:	HOMEWORK:	HOMEWORK			
7:00PM	Trauma Scale / IPAST	TBD / Healthy Self-Care	TBD / Healthy Self-Care	Putting Plan into Action			
8:00PM							