

Harmony Heals, Inc



Intensive Outpatient Group Schedule

Monday: Addictions/Reintegration Track

9AM to 10:30AM: Process group

10:40 to noon: Weekly focus includes working on the recovery concepts of: Surrender, Awareness, Spiritual Connection, and Taking Contrary Actions through written, interactive and Didactic formats.

Tuesday and Thursday: Intensive Trauma/Co-dependency Track:

9AM to 10:30AM: Process group

10:40AM to noon: Weekly focus includes working on the concepts of Shame and Guilt, Anger and Rage, Grief and Loss, Family of Origin Issues and Codependency Issues. Therapeutic tools utilized Include: Art Therapy, Psychodrama, Sand Tray, Inner Child Work, and P.I.T. (Pia Melody Model).

Friday: Addictions/Reintegration Track

9AM to 10:30AM: Process Group

10:40AM to Noon: Weekly focus includes working on the recovery Concepts of Twelve Step Work utilizing the Big Book, the A.A. 12 & 12 and other relevant texts; Relapse Prevention and Triggers, Relationships and Intimacy, Balancing Recovery and Life, Self Sabotage and the Role It Plays In Your Recovery and In Your Relationships.

Harmony Intensive Outpatient Program Schedule

	Monday	Tuesday	Thursday	Friday
<p>Week 1 Theme:</p> <p>Shame And Guilt</p>	<i>Addictions Reintegration Group</i>	<i>Trauma/ Codependency Group</i>	<i>Trauma Codependency Group</i>	<i>Addictions Reintegration Group</i>
<p>Week 2 Theme:</p> <p>Anger/Fear And Rage</p>	<i>Addictions Reintegration Group</i>	<i>Trauma/ Codependency Group</i>	<i>Addictions Reintegration Group</i>	<i>Addictions Reintegration Group</i>
<p>Week 3 Theme:</p> <p>Grief And Loss</p>	<i>Addictions Reintegration Group</i>	<i>Trauma/ Codependency Group</i>	<i>Trauma/ Codependency Group</i>	<i>Addictions Reintegration Group</i>
<p>Week 4 Theme:</p> <p>Joy And Passion</p>	<i>Addictions Reintegration Group</i>	<i>Trauma/ Codependency Group</i>	<i>Trauma/ Codependency Group</i>	<i>Addictions Reintegration Group</i>

**For months with 5 weeks, the 5th week's theme is Reflections and Closure
24351 Moulton Pkwy, Suite 120. Laguna Woods, Ca 92637
PH: 949.837.2751/Fx: 949.586.5695/Info@harmonyheals.com*