

Rivendell Inpatient Therapy Group Program
 Morning: 9:30am-12:00pm, Afternoon: 1:00-3:00pm

Week		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Emotions, Behaviours and Breathing	AM	Understanding Behaviours and Emotions Sabrina	Physiology of the Breath Gilad	Emotions at different intensities (Window of Tolerance) Sabrina	Breathing Techniques Mia	Art or Music Therapy (alternating)	Visualisation and connection Laura (alternating Sat)	
	PM	Gentle Restorative Yoga Kaz	Breathwork 1:15-3pm Gilad	Art Therapy Jaclyn Evening: Inside Out movie	Breathwork Mia	Art or Music Therapy		Wellbeing Activities Kaz/Jenny
Strong emotions, boundaries, danger responses	AM	Trauma & Threat Responses Sabrina Delta Dog Jax and Maddie	Boundaries and Masks Gilad	Authentic Self and connecting to others Sabrina	Connection and Vision Mia	Art or Music Therapy (alternating)		
	PM	Gentle Yoga Kaz Wisdom of Trauma Movie	Breathwork 1:15-3pm Gilad	Art Therapy Jaclyn	Breathwork Mia	Art or Music Therapy		Wellbeing Activities Kaz/Jenny

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The inner Child and how to help it heal	AM	The inner child/ Attachment Sabrina	Inner Child Meditation Gilad	Parenting the Inner Child Sabrina	Compassion Mia	Art or Music Therapy (alternating)	Visualisation and connection Laura (alternating Sat)	
	PM	Gentle Restorative Yoga Kaz	Breathwork 1:15-3pm Gilad	Art Therapy Jaclyn	Breathwork Mia	Art or Music Therapy		Wellbeing Activities Kaz/Jenny