

## Priory Hospital North London

# Addiction treatment programme example timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00-09:30	09:00-09:30	09:00-09:30	09:00-09:30	09:00-09:30	09:00-09:30	09:00-09:30
Daily meditation	Daily meditation	Daily meditation	Daily meditation	Daily meditation	Daily meditation	Daily meditation
09:45-10:45	09:45-10:45	09:45-10:45	09:45-10:45	09:45-10:45	09:45-10:45	09:45-10:45
Assignment group	Assignment group	Assignment group	Assignment group	Assignment group	Assignment group	Assignment group
<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>
11:00-12:15	11:00-12:15	11:00-12:30	11:00-12:15	11:00-12:15	11:00-12:15	11:30-12:30
Group therapy	Group therapy	Psychodrama	Group therapy	Group therapy	Group therapy	NA Grovelands
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
13:30-14:30	13:30-13:45	13:30-14:30	13:30-14:30	13:15-15:00	13:30-14:30	13:30-17:30
Music therapy	Community meeting 13:45-14:30	Group therapy	Relapse prevention	Equine assisted therapy	Walk	Visiting
	Walk or assignment group 13:30-14:30			13:30-14:30		
	Day care group			Walk 1:1 sessions	SLA meeting (not compulsory)	
<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>
14:45-15:45	14:45-15:45	14:45-15:45	14:45-15:45	15:15-15:45	14:45-15:45	13:30-17:30
Goals group	Assignment group	Mindfulness	Assignment group	Equine process	Written work 1:1 sessions	Visiting time 1:1 sessions
16:00-16:30	16:00-16:30	16:00-16:30	16:00-16:30	16:00-16:30	16:00-17:00	13:30-17:30
Reflections	Reflections	Reflections	Yoga	Reflections	Yoga	Visiting time 1:1 sessions
17:15-17:45	17:15-17:45	17:15-17:45	17:15-17:45	17:15-17:45		17:15-17:45
Life story/ free time	Life story/ free time	Life story/ free time	Life story/ free time	Life story/ free time		Free time
20:00	19:30-21:00	18:45-19:45	18:30	17:30	17:30	17:30
OA meeting	MA	Grovelands AA meetings newcomers 20:00	SAA meeting (not compulsory) 19:30	Grovelands CA	Grovelands CA	Peer support 23:00
		Peer support	Guest speaker			Grovelands NA