



## GROUP THERAPY PROGRAMME -VAALPARK MENTAL HEALTH UNIT

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06:30 - 07:30	Wake-up/ personal time	Wake-up/ personal time	Wake-up/ personal time	Wake-up/ personal time	Wake-up/ personal time
07:30 - 08:30		Physiotherapy group: Oosthuizen en van Deventer Fisioterapeute	Physiotherapy group: Oosthuizen en van Deventer Fisioterapeute	Physiotherapy group: Oosthuizen en van Deventer Fisioterapeute	Physiotherapy group: Oosthuizen en van Deventer Fisioterapeute
08:00 - 09:00	Breakfast/ Psychiatrist consult	Breakfast/ Psychiatrist consult	Breakfast/ Psychiatrist consult	Breakfast/ Psychiatrist consult	Breakfast/ Psychiatrist consult
09:00 - 11:00	Relax & Renew Introduction to DBT Skills (Presenter: Mrs Patricia O'Hare - Counselling Psychologist)	DBT Skills - Mindfulness (Presenter: Dr Elsabé Botha- Clinical Psychologist)	DBT Skills- Interpersonal effectiveness (Presenter: Mrs Mariet Schriek - Clinical Psychologist)	DBT Skills - Emotional Regulation (Presenter: Prof Hayley Walker-Williams - Clinical Psychologist)	DBT Skills - Distress Tolerance/ Radical acceptance (Presenter: Mrs Shaheda Khota - Cincial Psychologist)
11:00 - 12:00	Individual Psychotherapy/ Psychiatrist Consult	Individual Psychotherapy/ Psychiatrist Consult	Individual Psychotherapy/ Psychiatrist Consult	Individual Psychotherapy/ Psychiatrist Consult	Individual Psychotherapy/ Psychiatrist Consult
12:00 - 13:00	Lunch	Lunch	Lunch	Lunch	Lunch
13:00 - 14:00	Individual Psychotherapy/ Psychiatrist Consult/ Proctored Homework	Individual Psychotherapy/ Psychiatrist Consult/ Proctored Homework	Individual Psychotherapy/ Psychiatrist Consult/ Proctored Homework	Individual Psychotherapy/ Psychiatrist Consult/ Proctored Homework	Individual Psychotherapy/ Psychiatrist Consult/ Proctored Homework
14:00 - 16:00	Positive attitude/ Decision making skills (Presenter: Mrs Annette Volschenk - Social Worker)	Time management (Presenter: Christi Engelbrecht - Occupational Therapist)	Anger management/ Assertiveness skills (Presenter: Mrs Ilse Smit - Counselling Psychologist)	Psycho education: Mood and Anxiety Disorders (Presenter: Dr M van Zyl - Psychiatrist)	DBT Skills wrap up/ Mindfulness (Presenter: Mrs Nadene Harisunker- Clinical Psychologist)
16:00 - 17:00	Individual Psychotherapy/ Proctored Homework	Individual Psychotherapy/ Proctored Homework	Individual Psychotherapy/ Proctored Homework	Individual Psychotherapy/ Proctored Homework	Individual Psychotherapy/ Proctored Homework
17:00 - 18:00	Dinner	Dinner	Dinner	Dinner	Dinner
18:00 - 20:00	Visiting time	Visiting time	Visiting time	Visiting time	Visiting time
22:00	Lights out	Lights out	Lights out	Lights out	Lights out