

Adolescent Weekly Planner



Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		Sunday			
8:30 Breakfast			8:30 Breakfast			8:30 Breakfast			8:30 Breakfast			8:30 Breakfast			8:30 Breakfast		8:30 Breakfast			
	Body Image Therapy	10:00-15:15 Education		Body Image, Family + CBT Therapy	10:00-15:15 Education		9:30-13:00 Ward Round 10:00 Arts + Craft	Family + CBT Therapy	10:00-15:15 Education		Family + CBT Therapy	10:00-15:15 Education	Reiki + Aromatherapy (individual sessions)	OT Session	Family Therapy	10:00-15:15 Education	Phone time/ Social activities	Family + Friends Visting	Phone time/ Social activities	Family + Friends Visting
11:15 Snack			11:15 Snack			11:15 Snack			11:15 Snack			11:15 Snack			11:15 Snack		11:15 Snack			
	Body Image Therapy	10:00-15:15 Education		Body Image, Family + CBT Therapy	10:00-15:15 Education		12:00-12:45 HWWF/ WRAP Group	Family + CBT Therapy	10:00-15:15 Education		Family + CBT Therapy	10:00-15:15 Education	Reiki + Aromatherapy (individual sessions)	OT Session	Family Therapy	10:00-15:15 Education	Phone time/ Social activities	Family + Friends Visting	Phone time/ Social activities	Family + Friends Visting
13:00 Lunch			13:00 Lunch			13:00 Lunch			13:00 Lunch			13:00 Lunch			13:00 Lunch		13:00 Lunch			
	Body Image Therapy	10:00-15:15 Education		Body Image, Family + CBT Therapy	10:00-15:15 Education		14:00 Baking Group	Family + CBT Therapy	10:00-15:15 Education		14:00 Triggers Group	Family + CBT Therapy	10:00-15:15 Education	Reiki + Aromatherapy (individual sessions)	Family Therapy	10:00-15:15 Education				
14:00 Gardening Group (seasonal)	Individual OT		13:00 Sandwich Group														Phone time/ Social activities	Family + Friends Visting	Maudsley Workshop	Family + Friends Visting
15:15 Snack			15:15 Snack			15:15 Snack			15:15 Snack			15:15 Snack			15:15 Snack		15:15 Snack			
	Body Image Therapy	16:00-17:00 Movement + Meditation		Body Image, Family + CBT Therapy			16:00-17:00 'Happy Hour'	Family + CBT Therapy			16:00-17:00 'Happy Hour'	Family + CBT Therapy		16:00-17:00 'Happy Hour'	Family Therapy	Reiki + Aromatherapy (individual sessions)				
	Individual OT		15:30 Photography Group														Phone time/ Social activities	Family + Friends Visting	Phone time/ Social activities	Family + Friends Visting
17:15 Tea			17:15 Tea			17:15 Tea			17:15 Tea			17:15 Tea			17:15 Tea		17:15 Tea			
		Phone time/ Social activities			Phone time/ Social activities		18:00-20:00 HWWF Group for parents /carers		Phone time/ Social activities		18:00-20:00 Social Trip Out		Phone time/ Social activities	Phone time/ Social activities			Phone time/ Social activities		Phone time/ Social activities	Phone time/ Social activities
20:30 Snack			20:30 Snack			20:30 Snack			20:30 Snack			20:30 Snack			20:30 Snack		20:30 Snack			