

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	
BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	
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	
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
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			SLA Meeting (Not compulsory)
	Day Care group			Walk 1-1 Sessions			
BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	
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 AP 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	SAA Meeting (Not Compulsory)	Grovelands CA	Grovelands CA	Peer Support	
		20:00	19:30			23:00	
		Peer Support	Guest Speaker			Grovelands NA	