



## La Ventana Adult Mental Health & Co-Occurring Disorders PHP/IOP Program

Address: 1243 7th Street Suite C, Santa Monica, CA 90401

Admissions: (833) 239-3552 Clinical Director: Kere Blair, LMFT

PHP/IOP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00AM – 10:30AM	Accountability & Personal Inventory	Change Your Thoughts Change Your Feelings (CBT)	Communication Skills	Emotional Regulation (DBT)	Self-Esteem & Accountability
10:30AM – 12:00PM	Trauma-Informed Restorative Yoga	Creative & Expressive Arts	Stress & Anger Management & Relaxation Techniques	Experiential Community Outing Practicing life on life's terms	Soundbath/ Guided Meditation
12:00PM – 12:30PM Lunch					
12:30PM – 2:00PM	Healthy Relationships •Boundaries •Forgiveness •Resentments	Connection & Inspiration Through Music	Family Sculpting & Psychodrama	Life Story & Family Systems	Creative & Expressive Arts
2:00PM – 2:15PM Mindful Break					
2:15PM – 3:45PM	Motivational Interviewing	Process Group	Relapse Prevention	Connection & Inspiration Through Music	Weekend Safety Planning



### MH PHP Program Schedule:

FULL DAY: 9:00AM – 3:45PM

### IOP Program Schedule:

MORNING: 9:00AM – 12:00PM

AFTERNOON: 10:30PM – 2:00PM

LATE AFTERNOON: 12:30PM – 3:45PM

### • Alumni Group

Every 1st Wednesday of the Month  
6:00PM – 7:00PM

### Clinical Services:

Psychiatry • Individual Therapy • Family Therapy • Group Therapy

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## La Ventana Treatment Programs Mental Health Track

**Experiential Therapy:** Clients are encouraged to use creative tools such as drama, art, poetry and role-playing to re-enact and re-experience things from past as well as recent stressors and develop new ways to deal with them in more effective and healthier ways.

**Motivational Monday:** Clients are guided to set positive intentions for the week and track tangible goals they have set up as they entered treatment and adjust weekly.

**Psycho-Education Group:** Clients are educated on a variety of topics each week including anger management, how to set healthy boundaries, effective communication skills, and discussions on how to manage stress in their day to day lives.

**Process Group:** Clients are guided through a check in group on how they are feeling emotionally, physically and psychologically. Clients discuss how they have been managing mental health, state five things they are grateful for, and collaborate on what coping strategies they will utilize to manage mental health symptoms during the week.

**Soundbath Meditation Group:** Uses bowls, gongs, and other instruments. The sound vibrations are supposed to help shift your brain into a more relaxed state, to make it easier to experience a deeper meditation.

**Cognitive Behavioral Therapy Groups (CBT):** Clients are educated on CBT (an evidenced based treatment for anxiety, depression and mood disorders) and collaborate with therapist to learn ways to analyze the link between thoughts, feelings, and behaviors

**Change Your Thoughts Change Your Feelings:** Clients are supported to analyze and stop their critical inner voice that can lead to depression, low self esteem, and anxiety. They are educated on how thoughts of the future (or future tripping) can lead to high anxiety and thoughts of the past (rumination) are linked to depression.

**Trauma-Informed Restorative Yoga:** Clients are taught a gentle, restorative yoga practice to reduce stress, aide in relaxation breathing, and soothe the senses.

**Mindful Practices:** Clients are educated in mindful practices such as guided imagery, EFT (Emotional Freedom Tapping) and meditation to continue to learn to still thoughts, reduce stress and be present.

**Inspiration Through Music:** Uses music to address the physical, emotional, cognitive and social need of an individual. Can provide an outlet for non-threatening self-expression led by a licensed music therapist.

**Dialectical Behavior Therapy (DBT):** DBT is an evidenced - based cognitive behavioral treatment developed by Marsha Linehan, Ph.D in order to treat a wide range of disorders such as substance dependence, depression, trauma and eating disorders. It has four core components including mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness.

**Expressive Arts:** In art, the creative process is used to facilitate self-awareness and personal growth and aid clients to address problematic areas in their life through creative expression.

**Building Healthy Self-Esteem:** Clients are aided to identify & analyze unhealthy messages learned in childhood and are supported by therapist to come up with new empowering, strong messages to boost self esteem and positivity.

**Discharge Planning:** Therapist supports clients to look at continued care options and build a solid, structured discharge plan to support long term sobriety, mental wellness and stability after they leave treatment.

**Experiential Outing:** Clients are supported to go on outings as experiential learning experiences to practice new tools, decrease social anxiety by mild exposure therapy, or practice mindfulness based techniques at the beach.

**Relapse Prevention:** Clients are aided to identify and track symptoms that may lead to depression, anxiety, or mood instability. Clients are educated on how important the mind body connection is and the importance of awareness in achieving mental wellness.