

Virtual IOP Weekly Curriculum

Week 1: Hope & Honesty

Clients begin by building safety, trust, and clarity around personal goals and values. This phase focuses on orientation, emotional awareness, and establishing foundational coping tools.

Key Outcomes:

- Increased emotional awareness
- Early stabilization and engagement
- Strong therapeutic alliance and group cohesion

Week 2: Empowerment Through Emotion Regulation

Clients learn how emotions work in the brain and body, and how to regulate distress without avoidance or shutdown. Skills focus on nervous system awareness and practical emotional management tools.

Key Outcomes:

- Improved emotional regulation
- Reduced reactivity
- Increased self-control and awareness

Week 3: Acceptance & Self-Compassion

This phase addresses shame, self-criticism, and internal barriers to healing. Clients learn how to relate differently to difficult thoughts and emotions while building healthier self-talk.

Key Outcomes:

- Increased self-compassion
- Reduced shame-based patterns
- Greater emotional flexibility

Week 4: Relationships & Belonging

Clients strengthen communication skills, boundary setting, and interpersonal effectiveness. This week focuses on rebuilding healthy connection with others and improving relational patterns.

Key Outcomes:

- Healthier communication skills
- Improved relationship awareness
- Stronger support systems

Week 5: Transformation Through Values

Clients shift focus from symptom management to purpose-driven living. Values work helps participants reconnect with identity, motivation, and long-term life direction.

Key Outcomes:

Increased motivation and clarity
Stronger identity development
Purpose-aligned goal setting

Week 6: Resilience in Action

Clients prepare for real-world challenges by practicing relapse prevention, coping strategies, and stress management planning. Emphasis is placed on sustainable recovery tools.

Key Outcomes:

Increased confidence handling stress
Strong relapse prevention planning
Practical life application of skills

Week 7: Transition & Integration

The final phase focuses on closure, reflection, and forward planning. Clients develop aftercare strategies and reinforce long-term wellness habits.

Key Outcomes:

Clear discharge and continuation plans
Increased self-efficacy
Strong transition to next level of care