

ROUTES To Relationships

Therapy and skills to get where you want to be.

Weekend Intensive Experience- Sample Itinerary

Camp Setting

Day 1

Arrival and orientation	Greet your clinician and supporting staff. Become oriented to the area.
Camp Set-Up	Spend quality time together and learn new skills if you desire to participate in this process.
Icebreaker/ Opening Experiential Activity	Start to shake things up as we get to know one another and explore where you're at with vulnerability and communication.
Therapeutic Groups	Engage in a conversation geared toward your family's presenting patterns. Example topics: Relationship with emotions, Vulnerability, Communication patterns, etc.
Lunch	Food and drinks provided. Preferences and dietary restrictions are accommodated.
Activity	Spend some down time playing a game or engage in a team-building exercise.
Therapeutic Groups	Engage in a conversation geared toward your family's presenting patterns. Example topics: Relationship with emotions, Vulnerability, Communication patterns, etc.
Dinner	Food and drinks provided. Preferences and dietary restrictions are accommodated.
Quality Time & Evening mindfulness	Spend quality time with your family around a campfire, playing a game, or enjoying s'mores. End the evening with a mindfulness practice and reflection on the day.

Day 2

Rise and Shine	Wake up and enjoy breakfast- Food and drinks provided. Preferences and dietary restrictions are accommodated.
Morning Mindfulness	Start your day with a mindfulness exercise such as yoga, stretching, breathing, guided meditation, or facilitated walk.
DBT Skills	Discuss the basics of dialectical behavioral therapy and begin to explore a toolbox of skills for further exploration and practice.
Experiential Activity	Engage in a creative or expressive activity geared toward increasing vulnerability and connection.
Lunch	Food and drinks provided. Preferences and dietary restrictions are accommodated.
Therapeutic Groups	Engage in a conversation geared toward your family's needs. Example topics: Family roles, Conflict, Understanding how to support one another, etc.
Activity	Spend some down time playing a game, engage in a team building exercise, or opt to go for a hike.
Dinner	Food and drinks provided. Preferences and dietary restrictions are accommodated.
Communication Tools	Put your communication tools into practice.
Quality Time & Evening mindfulness	Spend quality time with your family around a campfire, playing a game, or enjoying s'mores. End the evening with a mindfulness practice and reflection on the day.



Day 3

Rise and Shine	Wake up and enjoy breakfast- Food and drinks provided. Preferences and dietary restrictions are accommodated.
Morning Mindfulness	Start your day with a mindfulness exercise such as yoga, stretching, breathing, guided meditation, or facilitated walk.
Communication Tools	Put your communication tools into practice.
Therapeutic Groups	Begin to close our time together by shifting focus to “the glue that holds relationships together”. Example topics: Positive feedback, Affirmations, Love languages, etc.
Learnings and Takeaways	Come together to reflect on the learnings, insights, and takeaways of your experience. Leave one another with intentions and ways to hold each other accountable.
Closing Activity & Departure	Engage in an artistic craft to create something to remember your family’s experience. Pack-up and depart.

