



SAINT LUKE
INSTITUTE

MAPPING THE HEALING JOURNEY

A SAMPLE SCHEDULE FOR THE EMMAUS PROGRAM

For fifty years, Saint Luke Institute has been committed to healing those in ministry and service to the Church. Our integrated mental health treatment and spiritual care attend to the person as a whole, in a compassionate environment. Our Emmaus Program* seamlessly integrates the psychological and the spiritual with education and comprehensive treatment, addressing mental health challenges, interpersonal struggles, and substance misuse. Participants find solace in a safe and supportive therapeutic community designed to foster spiritual, emotional, mental, and physical well-being.

MONDAY, WEDNESDAY & FRIDAY

9:00 - 9:25 AM

Lectio Divina

1:00 - 1:50 PM

Individual Therapy

9:30 - 10:30 AM

Group Therapy

Healing through collaborator support and feedback from others

2:00 - 3:20 PM

Art Therapy

Self-expression for processing challenges and enabling healing

10:30 - 11:00 AM

Community Mass & Prayer

3:30 - 4:00 PM

Goal Setting for Recovery

Mapping personal progress

11:00 AM - 12:00 PM

Pathway to Healing

Education group for skills to avoid relapse and promote recovery

4:00 - 5:00 PM

Spiritual Integration

Discerning God's work in the person, and integrating prayer into the healing process.

12:00 - 1:00 PM

Lunch

*Accredited by The Joint Commission and licensed by the Maryland Dept. of Health & Mental Hygiene. Formerly known as the Intensive Outpatient Program (IOP).

TUESDAY & THURSDAY

9:00 - 9:30 AM

Centering Prayer & Meditation

9:30 - 10:20 AM

Behavioral Therapy Group

Identifying and challenging negative thought patterns to enhance coping mechanisms

10:30 - 11:00 AM

Personal Prayer & Reflection

11:00 AM - 12:00 PM

Skills-Building for Relationships

12:00 - 1:00 PM

Lunch

1:00 - 1:50 PM

Psychoeducation Group

Methods for addressing stress effectively and improving problem-solving skills

2:00 - 2:50 PM

Emotional Regulation Strategies

Skills for identifying, expressing, and coping with feelings in a healthy way

3:00 - 3:50 PM

Adjunctive Appointments

Psychiatric evaluations, EMDR, and Biofeedback*

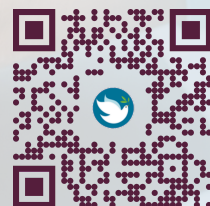
4:00 - 5:00 PM

Guided Bodywork

Healing through movement and motion

The Emmaus Program structure offers a range of treatment services to support the journey to renewal and recovery. This sample schedule highlights the ways individual, group, and expressive therapies, together with skill-building sessions, are integrated to educate, empower, and encourage participants. The specific alignment of these services is personalized to meet the unique needs of each participant. Through this holistic approach, our participants build healthier habits, enhance coping skills, and embrace recovery with confidence, ultimately preparing them for a return to ministry.

*Psychiatry refers to a specialized treatment of mental health with medications. Eye Movement Desensitization and Reprocessing (EMDR) is used in assessing the psychological impact of traumatic experiences. Biofeedback helps individuals become aware of body processes related to stresses (heart rate, chronic pain, muscle tension, etc.) to help mitigate challenges and foster health.



SLI.org/Emmaus

Questions? Contact

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