

# MAPPING THE HEALING JOURNEY

## A SAMPLE SCHEDULE FOR THE EMMAUS PROGRAM

The structure of the Emmaus Program at Saint Luke Institute\* 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.



SLI.ORG/EMMAUS

### MONDAY, WEDNESDAY & FRIDAY

9:00 - 9:25 AM	<b>Lectio Divina</b>	1:00 - 1:50 PM	<b>Individual Therapy</b>
9:30 - 10:30 AM	<b>Group Therapy</b> Healing through collaborator support and feedback from others	2:00 - 3:20 PM	<b>Art Therapy</b> Self-expression for processing challenges and enabling healing
10:30 - 11:00 AM	<b>Community Mass &amp; Prayer</b>	3:30 - 4:00 PM	<b>Goal Setting for Recovery</b> Mapping personal progress
11:00 AM - 12:00 PM	<b>Pathway to Healing</b> Education group for skills to avoid relapse and promote recovery	4:00 - 5:00 PM	<b>Spiritual Integration</b> Discerning God's work in the person, and integrating prayer into the healing process
12:00 - 1:00 PM	<b>Lunch</b>		

### TUESDAY & THURSDAY

9:00 - 9:25 AM	<b>Centering Prayer &amp; Meditation</b>	1:00 - 1:50 PM	<b>Psychoeducation Group</b> Methods for addressing stress effectively and improving problem-solving skills
9:30 - 10:20 AM	<b>Behavioral Therapy Group</b> Identifying and challenging negative thought patterns to enhance coping mechanisms	2:00 - 3:20 PM	<b>Emotional Regulation Strategies</b> Skills for identifying, expressing, and coping with feelings in a healthy way
10:30 - 11:00 AM	<b>Personal Prayer &amp; Reflection</b>	3:30 - 4:00 PM	<b>Adjunctive Appointments</b> Psychiatric evaluations, EMDR, and Biofeedback**
11:00 AM - 12:00 PM	<b>Skills-Building for Relationships</b>	4:00 - 5:00 PM	<b>Guided Bodywork</b> Healing through movement and motion
12:00 - 1:00 PM	<b>Lunch</b>		

\*Accredited by The Joint Commission and licensed by the Maryland Dept. of Health & Mental Hygiene.

\*\*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.