



second*nature*

## **Second Nature - Sample Schedule**

To adequately highlight program features, it is helpful to understand a typical day at Second Nature. Second Nature therapists are in the wilderness two days per week, presenting letters from home, conducting individual sessions, running therapy groups, and creating an updated treatment plan for the week. The Field Instructors run the group on remaining days with a focus on experiential living. Each day brings unpredictable challenges; weather, peer-conflicts, behavioral issues, mood changes, and staff assignments all coalesce to form the curriculum.

**8:00 a.m.** Wake-up

**8:20 a.m.** Orientation and setting up morning chores, often peer driven

**8:30 a.m.** Crush fire pit coals, breakfast

**10:00 a.m.\*** Group therapy

**11:00 a.m.** Hike

**1:00 p.m.** Lunch

**2:00 p.m.** Personal time, letter writing, time with staff mentor, completion of therapeutic and academic assignments

**3:00 p.m.** Hike

**6:00 p.m.** Chores, set-up camp, fire building

**6:45 p.m.** Dinner prep and eat

**8:30 p.m.** Evening group therapy

**10:00 p.m.** Sleep

**\*Individual therapy (clinician days)** - these days there is no hiking