

Wochenplan Tagesklinik 5 Tage (TK5)

| Zeit  | Montag                                        |  | Dienstag                                         | Mittwoch |                                       | Donnerstag                                   |                                            | Freitag                                              |                                               |
|-------|-----------------------------------------------|--|--------------------------------------------------|----------|---------------------------------------|----------------------------------------------|--------------------------------------------|------------------------------------------------------|-----------------------------------------------|
| 08:30 | 08:30 – 09:00<br>Montagsrunde                 |  | 08:30 – 09:00<br>Morgenrunde und Spaziergang     |          |                                       | 08:30 – 09:00<br>Morgenrunde und Spaziergang |                                            | 08:30 – 09:15<br>Morgenrunde und<br>Wochenendplanung |                                               |
| 09:00 |                                               |  | 09:00 – 09:45<br>Individuelle Termine            |          |                                       |                                              |                                            |                                                      |                                               |
| 09:30 | 09:00 – 10:00<br>Wochenziele                  |  | 09:45 – 11:00<br>Selbst- und<br>Fremdwahrnehmung |          |                                       | 09:45 – 11:00<br>Soziale Kompetenzen         |                                            | 09:15 – 10:45<br>Individuelle<br>Termine             | 09:30 – 10:30<br>Zeit für Wochen-<br>aufgaben |
| 10:00 |                                               |  |                                                  |          |                                       |                                              |                                            |                                                      |                                               |
| 10:30 | 11:15 – 12:15<br>Zeit für Wochen-<br>aufgaben |  | 11:00 – 12:30<br>Individuelle Termine            |          |                                       |                                              |                                            |                                                      |                                               |
| 11:00 |                                               |  |                                                  |          | 12:15 – 12:30 Begrüßungsrunde         |                                              | 11:00 – 12:30<br>Individuelle Termine      |                                                      |                                               |
| 11:30 | 12:30 – 13:15<br>Mittagessen                  |  | 12:30 – 13:15<br>Mittagessen                     |          |                                       |                                              |                                            |                                                      | 12:30 – 13:15<br>Mittagessen                  |
| 12:00 |                                               |  |                                                  |          | 13:15 – 14:30<br>Individuelle Termine |                                              | 13:30 – 14:30<br>Emotionsregulationsgruppe |                                                      |                                               |
| 12:30 | 14:30 – 15:30<br>Entspannen                   |  | 14:30 – 15:30<br>Walking                         |          |                                       |                                              |                                            |                                                      | 14:30 – 15:30<br>Körpertherapie               |
| 13:00 |                                               |  |                                                  |          | 14:30 – 15:30<br>Entspannen           |                                              | 14:30 – 15:30<br>Walking                   |                                                      |                                               |
| 13:30 | 15:30 – 16:30<br>Individuelle Termine         |  | 15:30 – 16:30<br>Individuelle Termine            |          |                                       |                                              |                                            |                                                      | 15:30 – 16:30<br>Individuelle Termine         |
| 14:00 |                                               |  |                                                  |          | 15:30 – 16:30<br>Individuelle Termine |                                              | 15:30 – 16:30<br>Individuelle Termine      |                                                      |                                               |
| 14:30 | 15:30 – 16:30<br>Individuelle Termine         |  | 15:30 – 16:30<br>Individuelle Termine            |          |                                       |                                              |                                            |                                                      | 15:30 – 16:30<br>Individuelle Termine         |
| 15:00 |                                               |  |                                                  |          | 15:30 – 16:30<br>Individuelle Termine |                                              | 15:30 – 16:30<br>Individuelle Termine      |                                                      |                                               |
| 15:30 | 15:30 – 16:30<br>Individuelle Termine         |  | 15:30 – 16:30<br>Individuelle Termine            |          |                                       |                                              |                                            |                                                      | 15:30 – 16:30<br>Individuelle Termine         |
| 16:00 |                                               |  |                                                  |          | 15:30 – 16:30<br>Individuelle Termine |                                              | 15:30 – 16:30<br>Individuelle Termine      |                                                      |                                               |
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Legende: Ärztlich- / Psychologischer Dienst ÄPD  
Pflegedienst PD  
Spezialtherapeutischer Dienst STD  
Restaurant / Gastronomie