

TEEN INTENSIVE OUTPATIENT (IOP) PROGRAM SCHEDULE

	Mon	Tue	Wed	Thu	Fri
4:00-5:00 pm	Weekend Reflection/ Areas of Alignment	DBT Skills	4:00-4:20 pm Mindful Snack	Family Impact or Multi-Family Group	Weekend Planning Areas of Alignment
5:00-5:15 pm	Break	Break	4:20-5:10 pm Diet Culture, Body Image and Nutrition	Break	Break
5:15-5:55 pm	Mindful Dinner	Mindful Dinner	5:10-5:25 pm Break	Mindful Dinner	Mindful Dinner
5:55-6:55 pm	Being Yourself While Fitting In	Understanding Your Emotions	5:25-7:30 Goal Setting Meal Experiential	Acceptance and Commitment Therapy	Mindfulness
6:55-7:10 pm	Break	Break		Break	Break
7:10-7:30 pm	Mindful Snack	Mindful Snack	Food & Feelings	Mindful Snack	Mindful Snack