

TEEN EATING DISORDER INTENSIVE OUTPATIENT (IOP) PROGRAM SCHEDULE

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

OPTIONAL HOMEWORK SUPPORTED SKILLS APPLICATION 7:30-8:30 M-TH