

TEEN EATING DISORDER PARTIAL HOSPITALIZATION PROGRAM (PHP) PROGRAM SCHEDULE

	Mon	Tue	Wed	Thu	Fri
8:00-8:45 am	Mindful Breakfast	Mindful Breakfast	Mindful Breakfast	Mindful Breakfast	Mindful Breakfast
8:45-9:45 am	Sensory Integration and Exploration	Exposure and Skills Application	Navigating Relationships	Managing Anxiety	Exposure and Skills Application
9:45-10:00 am	Break	Break	Break	Break	Break
10:00-10:20 am	Mindful Snack	Mindful Snack	Mindful Snack	Mindful Snack	Mindful Snack
10:20-11:15 am	DBT Skills	Being Yourself While Fitting In	Navigating Conflict	Understanding Your Feelings	Body Image
11:15-11:30 am	Break	Break	Break	Break	Break



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	Mon	Tue	Wed	Thu	Fri
11:30-12:30 pm	Weekend Reflection/ Areas of Alignment	Grief and Loss	Diet Culture, Social Media & Body Image	Family Impact or Multi-Family Group	Weekend Planning Areas of Alignment
12:30-12:45 pm	Break	Break	Break	Break	Break
12:45-1:35 pm	Mindful Lunch	Mindful Lunch	Mindful Lunch	Mindful Lunch	Mindful Lunch
1:35-2:25 pm	Process Group	Acceptance and Commitment Therapy	Nutrition Education Meal Experiential Food & Feelings	Thoughts, Feelings and Behavior	Mindfulness
2:25-2:40 pm	Break	Break		Break	Break
2:40 -3:00 pm	Mindful Snack	Mindful Snack		Mindful Snack	Mindful Snack

OPTIONAL: POST-SNACK INTEGRATION 3:00-3:15 PM



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