



INTENSIVE OUTPATIENT PROGRAM SCHEDULE

MONDAY	TUESDAY	THURSDAY	FRIDAY
4:00-5:00 Core/Process Group <i>(Cara, Emily)</i>	4:00-5:00 Core/Process Group <i>(Mark, Emily)</i>	4:00-5:00 Core/Process Group <i>(Cara, Emily)</i>	3:00-4:00 CBT/DBT Group <i>(Emily, Rachel)</i>
5:00-6:00 Body Image Issues <i>(Cara, Emily)</i>	5:00-6:00 Nutrition and Meal Planning <i>(Rachel, Emily)</i>	5:00-6:00 Assertiveness Skills <i>(Cara, Emily)</i>	4:00-5:00 Body Movement <i>(Emily, Rachel)</i>
6:00-7:00 Therapeutic Meal (Bag dinner)	6:00-7:30 Therapeutic Meal (Cook)	6:00-7:00 Therapeutic Meal (Order In)	5:00-6:00 Relapse Prevention <i>(Emily, Rachel)</i>
7:00-8:00 Eating Disorder Group <i>(Emily, Rachel)</i>	7:30-8:00 Post-Meal & Process <i>(Rachel, Emily)</i>	7:00-8:00 Eating Disorder Group <i>(Emily, Rachel)</i>	Dinner Outing