



EATING DISORDER TREATMENT CENTER OF MISSOURI

10733 SUNSET OFFICE DRIVE, SUITE 259

SUNSET HILLS, MISSOURI 63127

(636) 779-1430

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| <p style="text-align: center;">M<br/>O<br/>N<br/>D<br/>A<br/>Y</p>       | <p style="text-align: center;"><b>4:00 – 5:00 p.m.</b><br/><b>Treatment Goals and Check In Group</b><br/><b>(Jenn, Holly, Rachel)</b></p> <ul style="list-style-type: none"> <li>▪ Check-in with each client</li> <li>▪ Review of weekend</li> <li>▪ Goal setting for upcoming week</li> <li>▪ Set challenge from hierarchy with specific coping plan</li> </ul>  | <p style="text-align: center;"><b>5:00- 6:00 p.m.</b><br/><b>Module</b><br/><b>(Jenn, Holly, Rachel)</b></p> <ul style="list-style-type: none"> <li>• Explore various topics such as relapse prevention, attachment, shame, CBT, DBT which are relevant to the recovery process.</li> </ul> | <p style="text-align: center;"><b>6:15 – 7:15 p.m.</b><br/><b>Therapeutic Meal</b></p> <p style="text-align: center;">Clients cook with dietician</p>  | <p style="text-align: center;"><b>7:15 – 8:00 p.m.</b><br/><b>Eating Disorder Group</b><br/><b>(Holly, Jenn, Rachel)</b></p> <ul style="list-style-type: none"> <li>▪ Explore the evolution of self image through specific assignments</li> <li>▪ Discuss feelings and beliefs about body</li> <li>▪ Challenge ED voice &amp; irrational beliefs</li> </ul> |
| <p style="text-align: center;">T<br/>U<br/>E<br/>S<br/>D<br/>A<br/>Y</p> | <p style="text-align: center;"><b>4:00 - 5:30 p.m.</b><br/><b>Core Group</b><br/><b>(Mark or Lori and Jenn)</b></p> <ul style="list-style-type: none"> <li>▪ Group discussion and presentation of client strengths and struggles</li> <li>▪ Practice emotional regulation skills</li> <li>▪ Develop coping skills to tolerate and manage distress</li> <li>▪ Exploration of the core issues relevant to clients eating disorder behaviors.</li> </ul> | <p style="text-align: center;"><b>5:30 – 5:45 p.m.</b><br/><b>Break</b></p>   | <p style="text-align: center;"><b>5:45 - 6:45 p.m.</b><br/><b>Therapeutic Meal</b></p> <p style="text-align: center;">Clients bring their own meal</p> | <p style="text-align: center;"><b>6:45 - 8:00 p.m.</b><br/><b>Expressive Therapy Group</b><br/><b>(Jenn and Holly)</b></p> <ul style="list-style-type: none"> <li>▪ Utilize art and movement as creative self expression</li> <li>▪ Therapeutic release of tension and emotion</li> <li>▪ Exercises for gaining self-awareness</li> </ul>                   |



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| <b>T<br/>H<br/>U<br/>R<br/>S<br/>D<br/>A<br/>Y</b> | <p><b>4:00 - 5:00 p.m.</b></p> <p><b>Nutrition and Eating Disorder Group</b><br/>(Alyssa)</p> <ul style="list-style-type: none"> <li>▪ Clients are educated in appropriate nutrition information</li> <li>▪ Exercises,, discussions and activities</li> </ul>   | <p><b>5:00 – 6:15 p.m.</b></p> <p><b>Sexual Healing</b><br/>(Holly and Jenn)</p> <ul style="list-style-type: none"> <li>▪ Teaches clients to navigate the healing process</li> <li>▪ Clients learn about different aspects of healing such as anger grief and loss through discussion, art and other activities</li> </ul>  | <p><b>6:15 - 7:15 p.m.</b></p> <p><b>Therapeutic Meal</b></p> <p>Meal provided from local restaurant</p>  | <p><b>7:00 - 7:30 p.m.</b></p> <p><b>Process Group</b></p> <ul style="list-style-type: none"> <li>▪ Clients have the opportunity to discuss treatment relevant issues with peers and staff</li> </ul>   |
|  | <p><b>7:30 – 8:00 p.m.</b></p> <p><b>Module</b></p> <ul style="list-style-type: none"> <li>▪ Subject matter changes monthly and is decided upon by staff and clients</li> </ul>   |   |   |   |
| <b>F<br/>R<br/>I<br/>D<br/>A<br/>Y</b>             | <p><b>2:00 – 3:00 p.m.</b></p> <p><b>Basic Life Skills Group</b><br/>(Holly and Rachel)</p> <ul style="list-style-type: none"> <li>▪ Teaches clients decision making techniques and values clarification</li> <li>▪ Skills for increasing internal locus of control, stress management and problem solving</li> </ul> | <p><b>3:00 – 4:00 p.m.</b></p> <p><b>Gender/Sexuality Group</b><br/>(Holly and Rachel)</p> <ul style="list-style-type: none"> <li>▪ Group discussion of sexual issues and concerns</li> <li>▪ Provides understanding of the physical aspects of sexual functioning</li> <li>▪ Confronts attitudes and myths</li> <li>▪ Teaches clients positive self-concept</li> </ul> | <p><b>4:00 – 5:00 p.m.</b></p> <p><b>Core Group</b><br/>(Holly and Rachel)</p> <ul style="list-style-type: none"> <li>▪ Group discussion and presentation of client strengths and struggles</li> <li>▪ Practice emotional regulation skills</li> <li>▪ Develop coping skills to tolerate and manage distress</li> </ul> | <p><b>5:00 – 6:00 p.m.</b><br/>(Holly and Rachel)</p> <p><b>Weekend Planning and Relapse Prevention Group</b></p> <ul style="list-style-type: none"> <li>▪ Planning for the weekend</li> <li>▪ Anticipated struggles and plan to counter relapse</li> <li>▪ Setting goals and challenges accordingly</li> </ul> |

In order for the program to run smoothly, clients will need to arrive at the IOP facility 15 minutes before the first group begins.

The current program schedule may be changed over time in response to ongoing assessment of client needs. Although we encourage clients to utilize one another’s support, post-group interaction will need to be off site, as the facility will close at the finish of the last group of the IOP program day.