Revision Date: 09-01-09

Castlewood
Treatment Center for Eating Disorders

RESIDENTIAL PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST 7:30-8:00	**BREAKFAST 7:30-8:00**	**BREAKFAST 7:30-8:00**	**BREAKFAST 7:30-8:00**	**BREAKFAST 7:30-8:00**	**BREAKFAST 7:30-8:00**	**BREAKFAST 7:30-8:00**
Weekend Check-in (Sarah) **8:00-9:00**	ED Group (Theresa) **8:30-9:15**	Menu Planning (Michelle/Rebecca) **8:00-8:45**	Process Group (Nancy) **8:15-9:15**	Anxiety Management (Marcio) **8:15-9:15**	Life Skills with Skills Coach (Laura C.) **8:15-9:30**	Grounding & Containment (Jenn/Rachel) **8:30-9:30**
Core Group (Mark/Lori/Lauren) **9:00-10:30**	Core Group (Mark/Lori) **9:30-10:30**	Life Skills with Skills Coach (Laura C.) **9:00-10:00**	Core Group (Mark/Lori) **9:30-10:30**	Core Group (Jim) **9:15-10:30**	Gender Sexuality Intimacy & Relationships (Nancy) **9:30-10:30**	AA Meeting **10:00am**
SNACK 10:30-11:00	**SNACK 10:30-11:00**	**SNACK 10:00-10:30**	**SNACK 10:30-11:00**	**SNACK 10:30-11:00**	**SNACK 10:30-11:00**	**SNACK 10:30-11:00**
ED Group (Theresa) **11:00-12:15**	More Core or Didactic Module (Lori/Mark) **11:00-12:00**	CBT (Marcio) **10:30-12:00**	Body Image Group (Cara) **11:00-12:15**	Expressive Group (Laura W.) **11:00-12:15**	Spirituality (Laura C.) **11:00-12:00**	Individual sessions assignments
LUNCH & POST MEAL 12:30-1:30	**LUNCH & POST MEAL 12:30-1:30**	**LUNCH & POST MEAL 12:30-1:30**	**CHEF'S CHOICE 12:30-1:30**	**LUNCH & POST MEAL 12:30-1:30**	**LUNCH & POST MEAL 12:30-1:30**	**LUNCH 12:00-1:00**
Feelings, Assertiveness & Self Responsibility (Cara) **1:30-3:00**	Expressive Group (Lori) **1:30 3:00**	Sexual Healing (Jim) OR Guided Imagery (Theresa) **1:30-2:30**	Pilates (Pilates Instructor) **1:30-2:30**	ED Group (Theresa) **1:30-3:00**	**OUTING / VISITORS**	Dance Movement (Jenn) **1:00-2:30**
SNACK 3:00-3:30	**SNACK 3:00-3:30**	**SNACK 2:30-3:00**	**SNACK 2:30-3:00**	**SNACK 3:00-3:30**		**SNACK 2:30-3:00**
Individual sessions assignments	Individual sessions assignments	Individual sessions assignments	Individual sessions assignments	Open Art Studio (Kitty) **3:30-5:00**		Relapse Prevention Group (Jenn) **3:00-4:30**
Meditation (Laura W.) OR Anxiety Management (Marcio) **5:00-6:00**	Yoga (Laura W.) **5:00-6:00**	Anxiety Management (Marcio) **5:00-6:00**	Anxiety Management (Marcio) **5:00-6:00**			12-Step Group (Deborah) **4:30-5:30**
DINNER & POST MEAL 6:15-7:00	**DINNER & POST MEAL 6:15-7:00**	**CLIENT'S CREATION 6:15-7:00**	**DINNER & POST MEAL 6:15-7:00**	**DINNER & POST MEAL 5:30-6:15**	**DINNER & POST MEAL 6:15-7:00**	**Dinner or Resturant Outing and Post Meal processing of challenges** (Deborah/Staff) **6:00-7:30**
AA Meeting **8:00pm**	Pre-contract **7:15-8:15**	Individual sessions assignments	Individual sessions assignments	MOVIE OUTING	Individual sessions assignments	
SNACK 9:00-9:30	**SNACK 9:00-9:30**	**SNACK 9:00-9:30**	**SNACK 9:00-9:30**	**SNACK 9:00-9:30**	**SNACK 9:00-9:30**	**SNACK 9:00-9:30**