Revision Date: 04-01-11

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**
Meditation (Kevin) **8:20-8:50**	ED Group(agendas) (Theresa) **8:20-9:15**	Menu Planning and ED group (Theresa/Alyssa) **8:00-9:30**	Meditation (Kevin) **8:00-8:30**	Module (Mark) **8:00-8:30**	Free Time	AA Meeting **10:00am Alternating Weeks:** Dissociative Disorder Group (Mark) or Transitions Group (Theresa)
			Process Group (Nancy/Sam) **8:30-9:30**	Attachment/ Expressive Group (Mike/Laura W.) **8:30-10:30**		
Core Group (Mark/Lori) **9:00-10:30**	Core Group (Mark/Lori) **9:40-10:45**	Art Therapy **9:15-10:30**	Core Group (Mark/Lori) **9:30-10:45**		**SNACK 9:30-10:00**	
					Gender, Sexuality, Intimacy & Relationships (Nancy) **10:00-11:00**	
SNACK 10:30-11:00	**SNACK 10:45-11:15**	**SNACK 10:30-11:00**	**SNACK 10:45-11:15**	**SNACK 10:30-11:00**		**SNACK 10:00-10:30**
ED Group(behaviors) (Theresa/Deborah) **11:00-12:15**	Module 1 (Mike) **11:15-12:15**	Module 2 (Arathi) **11:00-12:00**	ED Group(expressive) (Theresa) **11:15-12:30**	Core Group (Jim) **11:00-12:15**	Core Group (Nancy) **11:15-12:15**	Individual sessions assignments
THERAPEUTIC MEAL 12:30-1:30	**THERAPEUTIC MEAL 12:30-1:30**	**THERAPEUTIC MEAL 12:30-1:30**	**CHEF'S CHOICE 12:30-1:30**	**THERAPEUTIC MEAL 12:30-1:30**	**THERAPEUTIC MEAL 12:30-1:30**	**THERAPEUTIC MEAL 12:00-1:00**
Binge Group (Katie) **1:30-2:30**	Expressive Group (Lori/Laura W.) **1:30-3:00**	*Sexual Healing (Jim) OR Therapy Interferring Behaviors (Rachel) **1:30-2:30**	The Process of Therapy (Kevin) **1:30-2:30**	Body Image Group (Jenn) **1:30-2:30**	Biblo Therapy Group or Outing Exposure (Staff) **1:30-2:30**	Anxiety Management (Krista) **1:30-2:30**
SNACK 2:30-3:00	**SNACK 3:00-3:30**	**SNACK 3:00-3:30**	**SNACK 3:00-3:30**	**SNACK 3:00-3:30**	**VISITORS/ FREE TIME**	**SNACK 2:30-3:00**
Individual sessions assignments **3:00-6:00**	Individual sessions assignments **3:00-6:00**	Individual sessions assignments **3:30-6:00**	Individual sessions assignments **3:00-6:00**	Open Art Studio with Staff or Ind. sessions **3:30-5:00**		Relapse Prevention Group (Krista) **3:00-4:00**
				DINNER & POST MEAL 5:30-6:15		12-Step Group (Deborah) **4:00-5:00**
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**	**MOVIE OUTING**	**DINNER & POST MEAL 6:15-7:00**	**Dinner or Resturant Outing and Post Meal processing of challenges** (Deborah/Staff) **6:00-7:30**
Individual sessions assignments	Precontract Group **7:30**	Individual sessions assignments	Individual sessions assignments		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**