



EATING DISORDER TREATMENT CENTER OF MISSOURI

10733 SUNSET OFFICE DRIVE, SUITE 259

SUNSET HILLS, MISSOURI 63127

(636) 779-1430

<p style="text-align: center;">M O N D A Y</p>	<p style="text-align: center;">3:00 – 4:30 p.m.</p> <p style="text-align: center;">Treatment Goals and Check In Group (Cara & Jenn)</p> <ul style="list-style-type: none"> ▪ Check-in with each client ▪ Review of weekend ▪ Goal setting for upcoming week ▪ Set challenge from hierarchy with specific coping plan 	<p style="text-align: center;">4:30 - 5:30 p.m.</p> <p style="text-align: center;">Core Group (Cara)</p> <ul style="list-style-type: none"> ▪ Group discussion and presentation of client strengths and struggles ▪ Practice emotion regulation skills ▪ Develop coping skills to tolerate and manage distress 	<p style="text-align: center;">5:30 – 6:30 p.m.</p> <p style="text-align: center;">Cooking/Therapeutic Meal (Holly & Michelle)</p> <ul style="list-style-type: none"> ▪ Clients cook 	<p style="text-align: center;">6:30 – 7:30 p.m.</p> <p style="text-align: center;">Eating Disorder & DBT Skills Group (Holly)</p> <ul style="list-style-type: none"> ▪ Clients practice distress tolerance, emotion regulation and interpersonal effectiveness
<p style="text-align: center;">T U E S D A Y</p>	<p style="text-align: center;">4:00 - 5:00 p.m.</p> <p style="text-align: center;">Body Image Group (Jenn/Holly)</p> <ul style="list-style-type: none"> ▪ Explore the evolution of self-image through specific assignments ▪ Discuss feelings and beliefs about body ▪ Challenge ED voice & irrational beliefs 	<p style="text-align: center;">5:00 - 6:30 p.m.</p> <p style="text-align: center;">Core Group (Mark or Lori/Jenn)</p> <ul style="list-style-type: none"> ▪ Group discussion and presentation of client strengths and struggles ▪ Practice emotion regulation skills ▪ Develop coping skills to tolerate and manage distress 	<p style="text-align: center;">6:30 – 7:15 p.m.</p> <p style="text-align: center;">Therapeutic Meal & Processing (Michelle/Jenn)</p> <ul style="list-style-type: none"> ▪ Clients bring their own meals 	<p style="text-align: center;">7:15 - 8:00 p.m.</p> <p style="text-align: center;">Life Skills Group (Jenn)</p> <ul style="list-style-type: none"> ▪ Teaches clients decision making techniques and values clarification ▪ Skills for increasing internal locus of control, stress management and problem solving



T H U R S D A Y	4:00 - 5:30 p.m.	5:30 - 6:15 p.m.	6:15 - 7:00 p.m.	7:00 - 8:00 p.m.
	<p>Eating Disorder Group (Cara & Michelle)</p> <ul style="list-style-type: none"> ▪ Explore the evolution of self image through specific assignments ▪ Discuss feelings and beliefs about body ▪ Challenge ED voice & irrational beliefs 	<p>Nutrition Group (Tammy)</p> <ul style="list-style-type: none"> ▪ Clients have the opportunity to discuss treatment relevant issues with peers and staff 	<p>Therapeutic Meal (Tammy & Jenn)</p> <ul style="list-style-type: none"> ▪ Meal provided from local restaurant 	<p>Process Group (Jenn)</p> <ul style="list-style-type: none"> ▪ Clients have the opportunity to discuss treatment relevant issues with peers and staff
F R I D A Y	2:00 - 3:00 p.m.	3:00 - 4:00 p.m.	4:00 - 5:00 p.m.	5:00 - 6:00 p.m.
	<p>Relapse Prevention (Michelle/Tammy/Rachel)</p> <ul style="list-style-type: none"> ▪ Anticipated struggles and plan to counter relapse ▪ Setting goals and challenges accordingly 	<p>Sexuality, Relationships & Intimacy Group (Jenn & Michelle)</p> <ul style="list-style-type: none"> ▪ Group discussion of sexual issues and concerns ▪ Provides understanding of the physical aspects of sexual functioning ▪ Confronts attitudes and myths ▪ Teaches clients positive self-concept 	<p>Expressive (Michelle & Jenn)</p> <ul style="list-style-type: none"> ▪ Uses art and movement as creative self-expression ▪ Therapeutic release of tension and emotion ▪ Exercises for gaining self-awareness 	<p>Weekend Planning (Jenn)</p> <ul style="list-style-type: none"> ▪ Planning for the weekend ▪ Anticipated struggles and plan to counter relapse ▪ Setting goals and challenges accordingly

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.