

636-779-1444

**Eating Disorders Center of Missouri
Intensive Outpatient Program
Schedule**



Monday	Tuesday	Thursday	Friday
Core Group Cara/Amy 4:00-5:00	Process/Pre- contract Amy 4:00-4:30	CBT/DBT Amy 4:00-5:00	Core Group Cara/Amy 3:00-4:00
Weekly Process and Treatment Goals Cara, Amy, Michelle 5:00-6:00	Nutrition and Meal Planning Michelle 4:30-5:30	Eating Disorder Group Amy, Michelle 5:00-6:00	Body Image Cara/Amy 4:00-5:00
Therapeutic Meal 6:00-7:00	Therapeutic Meal 5:30-6:30	Therapeutic Meal 6:00-7:00	Weekend Planing/Relapse Prevention Amy 5:00-6:00
Eating Disorder Group Amy 7:00-8:00	Core Group Mark/Amy 6:30-8:00	Creative Arts Therapy Amy 7:00-8:00	Client Dinner Outing 6:00

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.