EATING DISORDER TREATMENT CENTER OF MISSOURI

1855 BOWLES AVE. SUITE 210

FENTON, MISSOURI 63026

(636) 779-1430

MONDAY	**3:00 – 4:00 p.m.** **Weekend Check-in and Goal Setting** **Group A: (Heidi/Josh)** **Group B: (Cara/Rachel)** ▪ Check-in with each client ▪ Review of weekend ▪ Goal setting for upcoming week ▪ Set challenge from hierarchy with specific coping plan	**4:00 - 5:30 p.m.** **Core Group** **(Cara/Heidi/Josh)** ▪ Group discussion and presentation of client strengths and struggles ▪ Practice emotion regulation skills ▪ Develop coping skills to tolerate and manage distress	**5:30 – 6:30 p.m.** **Dinner Exposure - clients bring their own dinner** **(Josh/Rachel)** ▪ Clients bring their own meal	**6:30 – 7:30 p.m.** **Femininity and Health Sexuality Group** **(Rachel/Josh)** ▪ Clients discuss femininity and healthy sexuality
TUESDAY	**3:00-4:00 p.m.** **Process Group** **(Heidi/Cara)** ▪ Clients have the opportunity to discuss treatment relevant issues with peers and staff	**4:00-5:30 p.m.** **ED Core** **(Cara/Heidi/Nancy?)** ▪ Group discussion and presentation of client strengths and struggles ▪ Practice emotion regulation skills ▪ Develop coping skills to tolerate and manage distress ▪ Focus on ED/Body Image-related issues	**5:30-6:30 p.m.** **Dinner** **(Josh/Jenn)** Dinner provided by Castlewood	**6:30-7:30 p.m.** **Educational Life Skills** **(Josh)** Education, Assignments, & Role plays about a variety of life skills topics

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WEDNESDAY	**11:00 – 12:00 p.m.** **Addictive Behaviors** **(Heidi/Josh)** ▪ Look at addiction transference ▪ Family roles in addictive behaviors ▪ Building & maintaining supportive relationships, boundaries & assertiveness ▪ Relapse prevention	**12:00 – 1:00 p.m.** **Lunch** **(Heidi/Josh)** ▪ Clients bring lunch or have a meal challenge	**1:00 – 2:30 p.m.** **Art Therapy** **(Kristen)** • Clients use art to therapeutically explore emotions and process core therapeutic issues	
THURSDAY	**3:15-4:00 p.m.** **Body Image** **(Cara/Heidi/Alyssa)** ▪ Clients practice distress tolerance, emotion regulation and interpersonal effectiveness	**4:00-5:15 p.m.** **ED Group** **(Heidi/Cara/Alyssa)** ▪ Group discussion and presentation of client strengths and struggles ▪ Practice emotion regulation skills ▪ Develop coping skills to tolerate and manage distress	**5:15-6:15 p.m.** **Dinner Exposure** **(Alyssa/Heidi)** ▪ Meal provided by local restaurant	**6:15-7:15 p.m.** **Nutrition Group** **(Alyssa/Heidi)** ▪ Clients are provided with education & discussion about issues related to nutrition & eating disorders

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FRIDAY	**2:00-3:00** **Weekend Planning/Relapse Prevention** **(Group A Josh)** **(Group B Rachel)** ▪ Anticipated struggles and plan to counter relapse ▪ Setting goals and challenges accordingly Planning for the weekend	**3:00-4:00p.m.** **Experiential Life Skills** **(Heidi/Josh)** Role Plays & Real Life discussions to follow up on life skills topics from Tuesdays **Sexual Healing** **(Cara)** Explores issues related to trauma, abuse, sexuality, and healthy resolution	**4:00-5:30** **Expressive** **(Laura/Heidi/Josh)** ▪ Uses art and movement as creative self-expression ▪ Therapeutic release of tension and emotion ▪ Exercises for gaining self-awareness

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.