

Eating Disorders Center of Missouri Intensive Outpatient Program Schedule

Monday	Tuesday	Thursday	Friday
Treatment Goals and Check-in Rachel, Holly and Jenn 4:00-5:00pm	Core Group Mark or Lori 4:00-5:30pm	Nutrition and ED Group Alyssa 4:00-5:00pm	Life Skills/ Check-in/Sexuality Holly and Rachel 2:00-4:00pm
Treatment Goals and Check-in Rachel, Holly and Jenn 5:00-6:00pm		Sexual Healing Holly and Jenn 5:00-6:15pm	Core Group Holly and Rachel 4:00-5:00pm
Therapeutic Meal 6:15-7:15pm	Therapeutic Meal 5:45-6:45pm	Therapeutic Meal 6:15-7:15pm	Weekend Planning/Relapse Prevention Holly and Rachel 5:00-6:00pm
Eating Disorder Group Rachel, Holly and Jenn 7:15-8:00pm	Expressive Therapy Group Holly and Jenn 6:45-8:00pm	Process Group/ Module Holly and Jenn 7:15-8pm	Optional Client Dinner Outing 6:00pm

Community Support Group is available on Sunday nights. Please call Jenn for more information: (636) 779-1430 ext. 215

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.