



Partial Hospitalization and Intensive Outpatient Program Schedule						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 7-12:30 Staffing	FRIDAY	SATURDAY
9:30-10:00	Vitals/Intention Setting	Vitals/Intention Setting	Vitals/Intention Setting	Vitals/Intention Setting	Vitals/Intention Setting	Vitals/Intention Setting
10:00-10:30	Snack	Snack	Snack	Snack	Snack	Snack
10:30-11:20	Therapist Group	Therapist Group	Therapist Group	Therapist Group	Therapist Group	Group / Movement as Medicine*
11:30-12:20	MED ED / Nutrition Education*	Art Therapy	Movement & Music	Art Therapy	Restorative Yoga	
12:30-1:15	Lunch	Lunch	Lunch (possible outing)	Lunch	Lunch	Lunch
1:15-1:45	Post meal Process	Post meal Process	Post meal Process	Post meal Process	Post meal Process	Post meal Process
1:45-2:35	Group	Group	Food & Feelings	Body Awareness	Group	Open Studio
2:45-3:15	Individual Sessions		Individual Sessions		Individual Sessions	
3:15-3:30	Break	Break	Break	Break	Break	Break
3:30-4:00	Vitals / Snack	Vitals / Snack	Vitals / Snack	Vitals / Snack	Vitals / Snack	Vitals / Snack
4:00-4:50	Community	Group	Group	Nutritious Life	Agenda Group	Movement & Music / Group *
5:00-5:50	Nutritious Group	Restorative Yoga		Living with ED / Mural Group*		Relapse Prevention / Intention Setting
6:00-6:45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:45-7:15	Post meal Process	Post meal Process	Post meal Process	Post meal Process	Post meal Process	Post meal Process
7:15-7:30	Wrap up	Wrap up	Wrap up	Wrap up	Wrap up	Wrap up

RED outline = Weekly Treatment Team Meeting

\* = Alternates

Bold outline = IOP Times

Green print = Art Therapy/Creative Expression

Blue = Meal w/ Process Group

Orange print = Movement Therapy

Meals are combined with Processing = 1 Group

Note: Groups vary between the following: Mindfulness, CBT, Interpersonal Processing, Grief & Loss, Identity, Assertiveness Skills, and Relationships/Boundaries

2/9/2009