



TURNING TIDES

EATING DISORDER TREATMENT CENTER

Virtual IOP Group Schedule

*All individual sessions are scheduled with the patient's primary providers.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:00pm – 4:15pm	Daily Intention and Check-in	Daily Intention and Check-in	Daily Intention and Check-in	Daily Intention and Check-in	Daily Intention and Check-in
4:15pm – 5:00pm	Weekend Process	Identity Beyond ED	Shame Resilience	Coping Skills	Family Systems
5:00pm – 5:45pm	CBT Skills	DBT Skills	Body Image	Expressive Art	Weekend Planning
5:45pm – 5:55pm	Meal Prep.	Meal Prep.	Meal Prep.	Meal Prep.	Meal Prep.
5:55pm – 6:00pm	Meal Check	Meal Check	Meal Check	Meal Check	Meal Check
6:00pm – 7:00pm	DINNER and Meal Process	DINNER and Meal Process	DINNER and Meal Process	DINNER and Meal Process	DINNER and Meal Process