



Eating Disorder Intensive Outpatient Program (ED-IOP) Group Offerings

Breakfast and Lunch

Clients participate in 2 therapeutic meals per treatment day. Coaching in use of DBT skills is available throughout mealtime.

Mindfulness

Mindfulness, the core set of behavioral skills in DBT, is what allows us to be awake and present in all moments. Mindful eating is a key component of DBT for eating disorders and is practiced during the breakfast meal.

Target Group

Clients brainstorm skills and strategies they will use to meet daily behavioral goals. If goals from the previous day are unmet, group leaders help identify and solve what got in the way.

DBT Skills Training

Clients learn and practice DBT skills for regulating their emotions, managing their distress, and improving their relationships. Clients review homework completed outside of the ED-IOP and share real-life examples. DBT skills are taught with an emphasis on eating disorder behavior and recovery.

Nutrition Group

Psychoeducation group provided by one of our dietitians. Topics include the science of nutrition, body acceptance, intuitive eating, and meal preparation.

Behavior Chain Analysis Group

Group members take turns presenting their own behavioral assessments of difficult or problematic situations. Clients then have the opportunity to participate in generating effective solutions to those problems they identify.

Skills Acquisition Group

Offered once per week, Skills Acquisition Group focuses on a more in-depth study of skills taught during the week. Clients are invited to practice and lead mindfulness exercises.