



## Eating Disorders Intensive Outpatient Program (ED-IOP)

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00AM - 8:45AM	Breakfast 8:00AM - 8:30AM	Breakfast 8:00AM - 8:45AM	Breakfast 8:00AM - 8:30AM	Breakfast 8:00AM - 8:45AM
Mindfulness 8:45AM - 9:00AM	Mindfulness 8:30AM - 8:45AM	Mindfulness 8:45AM - 9:00AM	Mindfulness 8:30AM - 8:45AM	Mindfulness 8:45AM - 9:00AM
Target Group 9:00AM - 9:45AM	Target Group 8:45AM - 9:30AM	Target Group 9:00AM - 9:45AM	Target Group 8:45AM - 9:30AM	Target Group 9:00AM - 9:45AM
Break 9:45AM - 10:00AM	Break 9:30AM - 9:45AM	Break 9:45AM - 10:00AM	Break 9:30AM - 9:45AM	Break 9:45AM - 10:00AM
Nutrition Group 10:00AM - 11:00AM	Skills Group 9:45AM - 11:15AM	Behavior Chain Group 10:00AM - 11:00AM	Skills Group 9:45AM - 11:15AM	Skills Acquisition Group 10:00AM - 11:00AM
Lunch 11:00AM - 12:00PM	Lunch 11:15AM - 12:00PM	Lunch 11:00AM - 12:00PM	Lunch 11:15AM - 12:00PM	Lunch 11:00AM - 12:00PM



# 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.