Binge Eating Disorder Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedules	Week 1-3 8:15-6:30-7 days; Week 4-6 IOP 8:15-2:30 7 days; Week 7-8 IOP 5 days; Week 9-10 IOP 3 days						
8:15 - 8:35	Check-ins	Check-ins	Check-ins	Check-ins	Check-ins	Check-ins	
8:35 - 9:30 (Meal 8:45-9:15)	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:30 - 10:25	Grief and Loss	Health/Wellness Dialogue / Addictions Track w/Beth	Indiv.TX/ Family TX/Dietary or Psych / Trauma Track w/Erin	Indiv/Family/ Dietary or Psych Appts	Indiv. Nutrition sessions/Homework/meal planning	9:45 - 11:45 Multi-Family Group	10:30-10:45 Check-ins
10:30 - 11:45	POD w/Primary	CBT Training	POD w/Primary	Connections	POD w/Primary		10:45 - 11:45 Spirituality
12:00 - 1:00	Lunch	Lunch	Lunch	Lunch	Lunch	12:15 - 1:15 Lunch	Lunch
1:00 - 2:00	1:00 - 2:30 Art Therapy	1:00 - 2:00 Mindfulness	1:00 - 1:30 Community Meeting	Movement Therapy/Tracy	1:00 - 1:30 Homework 1:30-2:30 CBT w/Dr. Peak	1:30 - 2:30 ANAD	1:00 - 2:30 Dr. Battaglia
2:00 - 3:00		2:00-2:30 Meditation/Journaling time/Indiv. appts	1:30 - 3:00 Psychodrama Therapy w/Sue				
3:00 - 3:30	Snack	Snack	Snack	Snack	Snack	2:45 - 3:15 Snack	Snack
3:30 - 4:30	Nutrition	Cultural Body Image	Indiv TX/Family TX/Psych/dietary	Healthy Relationships w/Pam H	DBT	Wrap-up	3:30-4:30 Goals & Skill Building
5:00 - 6:00	Dinner - PHP & EIOP	Dinner - PHP & EIOP	Dinner - PHP & EIOP	Dinner - PHP & EIOP	Dinner		Dinner