

Blue Horizon Eating Disorder Services, LLC

Adolescent Intensive Outpatient Program (IOP) SAMPLE SCHEDULE

Time	Tuesday	Wednesday	Friday
3:30-3:45	Check-in and Goal Setting		Check-in and Goal Setting
3:45-4:45	Sharing and Reflection process group		Sharing and Reflection process group
4:45-5:45	Dinner and pre- and post-meal process group (bring own meal)		Dinner and pre- and post-meal process group (meal provided)
5:45-6:30	CBT/DBT Skills Group		Nutrition Education
6:00-7:00		Body Image/Relapse Prevention	
7:00-8:00		Guest Speaker/Alternate Group	