

University of California San Diego  
**IOP EATING DISORDER PROGRAM**  
 Adult Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3pm to 3:30	Process group <b>3 to 4:30</b> (EC/JMM)			DBT Skills group (Julie)	
3:30 to 4pm	Process cont.		Mindfulness meditation/movement (EC)	DBT cont.	
4pm to 4:30	Process cont.		Cog. Behav. Therapy <b>4pm to 5pm</b> (EC/Dean)	<b>SNACK</b> <b>4:15 to 4:30</b>	
4:30 to 5:30	Goal Setting (EC/BW)		CBT continued...	Expressive Therapy (BW)	
5:30 to 6:30	Dinner Meal (JMM)		Dinner Meal <b>5pm to 6pm</b> (Dean, JM)	Goal Setting (EC) <b>5:30 to 6pm</b>	
6:30 to 7pm	Nutrition Education (JM)		Goal Setting <b>6pm to 6:30pm</b> (Dean)		

(Individual and Family therapy sessions made by appointment with staff.)

Individual Therapist \_\_\_\_\_

Family Therapist \_\_\_\_\_

Psychiatrist \_\_\_\_\_

Meeting with Dietitian \_\_\_\_\_